FREE Meditation CLASSES
for Fitness and Wellness Members
June 20th - July 18th 2012
Wednesdays from 1:00pm-2:00pm - Room G110-G111
Diana Pacin-de Gongora, Meditation Coach

Just a few of the many benefits of Meditation:
• Learn how to apply relaxation and mind visual techniques to reduce stress
• Leads to a deeper level of physical relaxation
• Good for people with high blood pressure
• Reduces anxiety attacks
• Decreases muscle tension, reducing headaches caused by tight neck muscles
• Enhances the immune system
• Increase strength and vigor
• Helps with weight loss

Join us