



Holiday Meditation Schedule! December – January 14

Are You Ready to Nurture Your Mind, Body, and Soul?

Come to drop-in meditation sessions sponsored by the Human Resources Department, Faculty and Staff Assistance Program.

Listen to a 15-minute relaxation session by the instructor at <http://www3.georgetown.edu/hr/fsap/index.html>
Georgetown University's drop-in meditation classes are a free benefit and you are welcome to join us!
Here's what meditation practice can do:

- ☀ Increase self-awareness
- ☀ Enhance immune functioning
- ☀ Decrease anxiety and depression
- ☀ Lower blood pressure
- ☀ Reduce pain
- ☀ Speed healing
- ☀ Increase resilience in the face of stressful events
- ☀ Improve sleep
- ☀ Boost concentration



No experience is necessary, no commitment is required, and you are welcome to try out a session at any point in the series. Classes are open to faculty, staff, and students.
Note: No classes on holidays.

Days	Times	Locations	DECEMBER - JAN 14 DATES THAT WE WILL MEET
Mondays	12:00-12:30 4:00- 4:30	Healy- 427 Lombardi- L1317	December 15, 22, Resumes January 12
Tuesdays	12:00-12:30 12:45- 1:15	Law Center- McDonough- 588 through November 25, space to be determined in December	No December meetings Resumes January 13
Wednesdays	10:30-11:00	2121 Wisconsin Ave.- 453	December 17, Resumes January 14
	12:00-12:30	St. Mary's Hall- 201	December 17, Resumes January 14

For updates- go to <http://www3.georgetown.edu/hr/fsap/meditationandmindbodyskills.html>

Facilitator: Sue Holyoke Johnston, MSW, LICSW, is the Wellness Counselor for the Faculty and Staff Assistance Program, Georgetown University Department of Human Resources. Sue is a licensed psychotherapist who has been certified in mind-body-spirit medicine by the Center for Mind-Body Medicine in Washington, D.C. She leads mind-body skills groups on campus, creates wellness programs for faculty and staff retreats, teaches "Well-Being for You and Your Patients" at Georgetown University School of Medicine and helps individuals to develop their own wellness plans. Questions? Contact Sue at (202) 687-3599 or shj22@georgetown.edu.