



# 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. 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. 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

## Fall 2009 Note: No classes on holidays.

Days	Times	Locations	Cancellations
Mondays	12:00- 12:20 1:30- 2:00	<b>Main Campus - McSherry Building- John Main Center</b> <b>Off-Campus - 2121 Wisconsin Ave. - room 453</b>	Dec. 28 Dec. 28
Tuesdays	12:00- 12:30 12:45- 1:15	<b>Law Center- McDonough 220</b> <b>Law Center- McDonough 220</b>	Dec. 29 Dec. 29

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 and helps individuals to develop their own wellness plans. Questions? Contact Sue at (202) 687-3599 or [shj22@georgetown.edu](mailto:shj22@georgetown.edu).