

*Have you ever tried meditating?*

*Do you know how beneficial it is to your health?*

*Are you interested in trying it out?*

# ***Weekly Meditation Group***

Led by Staff Psychologist,  
Nathan Lamkin

**Wednesdays**

12:15-12:45pm

Prayer Room on the Second level of the library

**Beginning November 11<sup>th</sup>**

***\*No signing up or registration required. Just show up!***

***\*All are welcome. No experience needed. Religiosity not required.***

## **Benefits of Meditation:**

**\*Cultivates positive well-being**

**\*Lowers stress**

**\*Decreases anxiety and depression**

**\*Increases mindfulness and focus**

**\*Improves immune functioning**

***\*Check out our website for more information on meditation: [jcu.edu/counseling](http://jcu.edu/counseling)***