



Please join us for a virtual Mindfulness Meditation

- First Friday of every month at 8:00 am for morning meditation
- Third Thursday of every month at 5:00 pm for evening meditation

What are some benefits of meditation?

- Reduction of stress, anxiety and symptoms of depression
- Pain relief
- Improved sleep
- Increased awareness, focus and patience



Click on the Zoom link to join:

Morning Meditation : https://rutgers.zoom.us/meeting/register/tJMlfuGtrTMoE9EbxtDFWZviwUo4_3-4jnQ4

Evening Meditation : <https://rutgers.zoom.us/meeting/register/tJckdO2vqj0sH9UYHEb4YGewCTyhnnnyv72mt>

If you have any questions, please contact the Social Work Department at 732– 235-6792.