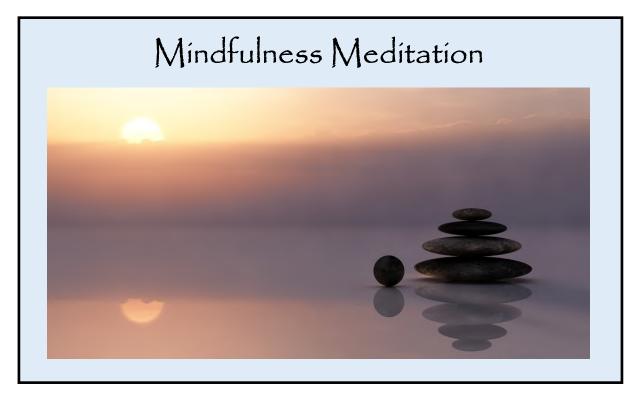


RUTGERS

Cancer Institute
of New Jersey
RUTGERS HEALTH



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/tJckdO2vqj0sH9UYHEb4YGewCTyhnnyv72mt

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

