

## MEDIA ADVISORY

FOR IMMEDIATE RELEASE

### **NJMS Healthy Living Initiative Will Host Stress & Meditation Management Workshop**

Newark, N.J. - On Monday, August 4, the New Jersey Medical School's (NJMS) Healthy Living Initiative will host a Stress and Meditation Management Workshop as part of their Total Health and Wellness Series at Rutgers-Newark Robeson Center. The workshop will be facilitated by creative life activator and celebrity Life Coach, Lucinda Cross. CEO's, senior managers, supervisors, students, employees and more will benefit from this Essential Stress Management workshop as they learn how to ovoid the different levels of stress.

Throughout the course of the workshop, all attendees will have a better understanding and how to overcome stress, become more aware of how stress affects them, their families and their future, learn how to help others deal with pressure, and much more.

**Event:** Healthy Living Initiative Stress Management Workshop

**Where:** Robeson Center, Room 256  
350 Dr. Martin Luther King, Jr. Blvd.  
Newark, N.J. 07102

**When:** Monday, August 4, 2014 from 5pm-7pm

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Celebrating its 60<sup>th</sup> anniversary, **Rutgers New Jersey Medical School** was founded in 1954 and is the oldest school of medicine in the state. Today it is part of Rutgers, The State University of New Jersey and graduates approximately 170 physicians a year. In addition to providing the MD degree, the school offers MD/PhD, MD/MPH and MD/MBA degrees through collaborations with other institutions of higher education. Dedicated to excellence in education, research, clinical care and community outreach, the medical school comprises 22 academic departments and works with several healthcare partners, including its principal teaching hospital, The University Hospital. Its faculty consists of numerous world-renowned scientists and many of the region's "top doctors." Home to the nation's oldest student-run clinic, New Jersey Medical School hosts more than 50 centers and institutes, including the Public Health Research Institute Center, the Global Tuberculosis Institute and the Neurological Institute of New Jersey. For more information please visit: [njms.rutgers.edu](http://njms.rutgers.edu).