

***ARE YOU FEELING STRESSED?  
ARE YOU LOOKING FOR WAYS TO BRING YOU PEACE AND  
FREEDOM IN THE MIDST OF OUR HECTIC LIVES?***

COME LEARN AND PRACTICE ONE TOOL WHICH HAS BEEN PROVEN USEFUL FOR THOUSANDS OF YEARS

COME LEARN ABOUT THE PRACTICE OF MEDITATION AT THIS FREE CLASS BEING OFFERED FOR PATIENTS, FAMILIES, MONTEFIORE ASSOCIATES, HOSPITAL ADMINISTRATORS, MEDICAL STUDENTS AND FACULTY

**MEDITATION SCHEDULE:**

**Montefiore Medical Center**  
**111 East 210<sup>th</sup> Street**  
**Tishman Learning Center (TLC)**

**12:00-1:00pm**

TLC 3 July 11, 2018

TLC 3 July 18, 2018

TLC 3 July 25, 2018

TLC 3 August 01, 2018

TLC 3 August 08, 2018

TLC 3 August 15, 2018

TLC 3 August 22, 2018

TLC 3 August 29, 2018

TLC 3 September 05, 2018

TLC 3 September 12, 2018

TLC 4 September 19, 2018



***September 26, 2018 meditation will be held at BRMA of  
Montefiore located at 60 E. 208<sup>th</sup> Street***

Sessions are led by Dr. Fernando Camacho, Department of Oncology  
To register or for more information, please call (718) 405-1700 or email

[fcamacho@montefiore.org](mailto:fcamacho@montefiore.org)

**Walk-ins are welcome!**