

Invites you to join us for

Lunchtime Wellness

In celebration of

National Public Service Recognition Week | May 7-13, 2023

During National Public Recognition Week, our Nation honors those who serve as federal, state, county, and local government employees. At Thomas Edison State University, we celebrate your hard work and achievements as a New Jersey Public Service employee.

We know that stress can affect the whole person - mind and body - and we want to provide you with ways to address stress in healthy, positive ways.

Join us for a lunchtime guided meditation and light refreshments on **Wednesday, May 10**.

Guided Meditation for Healthier Living

REGISTER NOW NJWellness.eventbrite.com

Due to space limitations, please register for one session only.

FOR MORE INFORMATION:

contact **Jill Hopf** at jhopf@tesu.edu.
or call 609-874-0714.

Date **May 10, 2023**

Session Times 12:15pm – 1pm OR
1:15pm – 2pm

Location Kelsey Complex
Prudence Hall
111 W. State St.
Trenton, NJ 08618

THOMAS EDISON
STATE UNIVERSITY

