



## **Stockton to Host Free Introductory Lectures on Transcendental Meditation**

**Talks on Wednesday, October 10 at 5:15 and 7:15 p.m.**

### ***For Immediate Release***

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**Galloway Township, NJ** –The Richard Stockton College of New Jersey will host free introductory lectures about the Transcendental Meditation technique to help reduce stress and anxiety and restore energy.

The talks, free and open to the public, will take place on Wednesday, October 10, 2012 at 5:15 p.m. and at 7:15p.m. in the Campus Center's Meeting Room 5. They are sponsored by the Wellness Center at Stockton.

Transcendental Meditation is a nonpharmaceutical approach to treating anxiety and a natural way to reduce stress, restore energy and expand mental potential.

For more information or to register, please contact Luanne Anton at [Luanne.Anton@stockton.edu](mailto:Luanne.Anton@stockton.edu) or call 609-626-6088.

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