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FREE STRESS REDUCTION TRAINING OFFERED SEPTEMBER 22 IN TCOYD “TAKING CONTROL OF YOUR DIABETES” PROGRAM

The Meditation Initiative will present a free introductory program on the practice of meditation for stress reduction at the Pruess School in La Jolla on Wednesday, September 22, from 6:30 - 8:30pm. The event is hosted by Taking Control of Your Diabetes (TCOYD) and offered free to all people with diabetes and others interested in learning about the disease.

Taking Control of Your Diabetes educates and motivates people with diabetes to take a more active role in their condition and provides innovative and integrative continuing diabetes education to medical professionals caring for people with diabetes.

Conducted by TMI executive director Jeff Zlotnik, the free meditation training will include historical views, myths about meditation, as well as practical meditation instruction. It will also address such questions as How do we create an environment to meditate? What to expect during meditation? As well as How do we incorporate this stress reduction technique into our daily lives?

Mr. Zlotnik has led a wide variety of community groups in meditation for over 7 years. A graduate of the University of Arizona with a degree in Psychology, since founding The Meditation Initiative, Zlotnik has led approximately 18 to 20 free meditation classes per week for children, adults and seniors to help reduce stress and anxiety, improve focus and share tools for anger management, while improving overall health and wellbeing.

The Meditation Initiative is a 501(c)(3) charitable non-profit organization serving clients that include K-12 Public Schools, Colleges, Hospitals, Prisons, Diabetes Patients, HIV Patients, Veterans Groups, Sober Living Homes and Group Homes for Victims of Domestic Violence and Human Trafficking. Please visit our website www.meditationinitiative.org for more information.

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