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**THE MEDITATION INITIATIVE TO PROVIDE MEDITATION TRAINING  
FOR STAFF OF VITAS INNOVATIVE HOSPICE CARE OF SAN DIEGO**

Jeff Zlotnik, founder of The Meditation Initiative, will present a free introductory program on the practice of meditation for social workers and chaplains at VITAS Innovative Hospice Care of San Diego, as a technique to reduce the physical and emotional effects of stress in dealing with chronic illness. The meditation class will be presented Thursday, June 10th from 12:45 - 1:30 p.m. VITAS Innovative Hospice Care of San Diego provides palliative care and bereavement counseling.

Offered for the facility's caregivers, and as part of the emotional support, education and counseling for children of adult patients, this 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 14 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 at [www.meditationinitiative.org](http://www.meditationinitiative.org) for more information.

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