



Anxiety? Stress?
Trouble Sleeping?

Meditation could help

FREE Transcendental Meditation (TM)
Courses for NYC Veterans

*"I am now happier and
more optimistic than
I have ever been."*

-EDWARD K.KOSOVO,
COMBAT VETERAN IRAQ
AND AFGHANISTAN

Benefits

- ✓ Reduces stress, anxiety, trauma
- ✓ Boosts energy, creativity, and focus
- ✓ Reduces high blood pressure and improves overall health
- ✓ Increases productivity & happiness in daily life

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