



February 4, 2009

FOR IMMEDIATE RELEASE

CONTACTS: Mitchell C. Carson, President & CEO, Longmont United Hospital, 303-651-5025  
or e-mail [mcarson@luhcares.org](mailto:mcarson@luhcares.org)

Michelle Bowman, Director of Health Center of Integrated Therapies (303) 651-5188

---

### Longmont United Hospital Begins Weekly Meditation

(Longmont, CO) On Wednesday, February 25, 2009, the Health Center of Integrative Therapies, Longmont United Hospital's Complementary Services, will begin a weekly meditation group at the hospital in the Chagall/Rubens Room from 5:00-6:00 p.m. This meditation group is open to the public on a drop-in basis, free of charge.

Brian Luke Seaward, member of Longmont United Hospital's Community Advisory Board, will facilitate the first meditation. He is internationally recognized as a pioneer in the field of holistic stress management and mind-body-spirit healing and serves on the faculty of the University of Northern Colorado-Greeley. Mr. Seaward is the author of several books including Stressed Is Desserts Spelled Backwards, Health of the Human Spirit, The Art of Calm, Quiet Mind, Fearless Heart, and the popular best seller, Stand Like Mountain, Flow Like Water.

"With today's financial environment, we hope this meditation group will give comfort to our community as the year progresses," commented Michelle Bowman, Director of Health Center of Integrative Therapies. "We welcome everyone - people who have never meditated before and those who have previous experience or advanced meditation skills."

The Meditation Group will continue every Wednesday evening from 5:00 - 6:00 p.m. in a shared leadership format.

#### About Meditation

Meditation has been used by many different cultures throughout the world for thousands of years. Today, many people use meditation for health and wellness purposes. It is recommended by the American Heart Association to help regulate resting heart rate, blood pressure and boost the immune system.

In meditation, a person learns to focus his or her attention and suspend the stream of thoughts that normally preoccupy the mind. Practicing meditation may change how a person relates to the flow of emotions and thoughts of the mind. Most types of meditation have four common elements:

- 1) a quiet location
- 2) a specific, comfortable posture sitting, lying down, standing or walking
- 3) a focus of attention – an object, the person's breathing, or word(s) known as a mantra
- 4) an open attitude so that distracting thoughts come and go naturally without stopping to dwell on them

People use meditation for a number of health problems such as anxiety, pain, depression, mood and self-esteem problems, stress, insomnia, physical and emotional symptoms of chronic illnesses such as heart disease and cancer. Some benefits of meditation have included:

- Increase physical relaxation
- Increase mental calmness and psychological balance
- Help cope with health conditions and diseases
- Enhance overall wellness

**The February, March and April Schedule** with meeting rooms

February 25, 2009, 5:00 pm - 6:00 pm Chagall/Rubens Room

March 4, 2009, 5:00 pm - 6:00 pm Chagall/Rubens Room

March 18, 2009, 5:00 pm - 6:00 pm Matisse Room

March 25, 2009, 5:00 pm - 6:00 pm Chagall/Rubens Room

April 1, 2009, 5:00 pm - 6:00 pm Chagall/Rubens Room

April 8, 2009, 5:00 pm - 6:00 pm Gauguin Room

April 15, 2009, 5:00 pm - 6:00 pm Chagall/Rubens Room

April 22, 2009, 5:00 pm - 6:00 pm Chagall/Rubens Room

April 29, 2009, 5:00 pm - 6:00 pm Chagall/Rubens Room

###