

Stockton's Kramer Hall in Hammonton to Host 'Meditation Monday' on April 13

Free 45-Minute Public Session Promotes Relaxation, Stress Relief

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Contact: Maryjane Briant
News and Media Relations Director
Galloway Township, NJ 08205
Maryjane.Briant@Stockton.edu
(609) 652-4593

Galloway Township, NJ - Enjoy "Meditation Monday" at the Noyes Art Gallery in Stockton University's Kramer Hall in Hammonton, NJ on **Monday, April 13**.

Patricia Donahue, Coordinator of Career Center Special Programs and Initiatives at Stockton, will lead a 45-minute meditation session to help participants clear their minds and dive into a relaxed state. Donahue has conducted meditation sessions at Kramer Hall and regularly holds sessions at Stockton's main Galloway Campus

The free public event will be held beginning at 5 p.m. in the Art Gallery, allowing attendees to enjoy the spring scenery and daylight through the facility's many windows. Kramer Hall, the university's instructional site in downtown Hammonton, is located at 30 Front Street.

Participants may use yoga mats or stationary seats, depending on their preferences.

For more information on events and classes at Kramer Hall, visit Stockton.edu/hammonton

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