

NEWS RELEASE

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New Heart Wellness Presents Stress Skills and Meditation Programs

New Heart: Wellness, Fitness and Cardiac Rehabilitation has announced a new array of specialized programs, including various programs for managing stress.

Erin Tooley, for example, teaches a free four-session Stress Skills Seminar. The seminar is in an educational/experiential format designed to help participants learn their own personal stress response patterns and ways to more efficiently handle the stress in their lives.

Also offered is a class in Mindful Meditation, taught by Certified Yoga Therapist Judy Hayes. Mindfulness meditation helps individuals to become more familiar with their fields of awareness as well as the experiences of thoughts, emotions, feelings and sensations that are contained within it. Cost is \$150 for 6 weeks. Hayes also co-instructs a Journaling for Wellness class, uniquely designed to combine relaxation techniques with journal writing as a means of exploring health and wellness issues while helping participants to develop a mindful approach to living. The class is also taught by Journaling Specialist Rhoda Parker. Cost is \$90 for 6 weeks.

A free Life in Balance seminar introduces the importance of addressing the physical, emotional, social and spiritual elements of health in order to have the best possible quality of life. Many other programs, such as Smoking Cessation, are available to promote healthier, happier living.

New Heart, founded in 1975, is a nonprofit heart disease prevention and rehabilitation facility. It offers traditional program elements such as exercise, cholesterol management, and nutritional guidance, key factors impacting the progression or regression of disease. In addition, New Heart also explores other practices of health and healing in order to address all dimensions of wellness. A wide range of ongoing therapies such as Mindfulness Meditation, Tai Chi, Health Coaching, Journaling for Wellness and Music Therapy are available. Educational classes as well as patient and spousal support groups are also important New Heart program components.

New Heart is located at 601 Lomas Blvd NE in Albuquerque. (505) 881-8195. www.newheartnm.org