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Military and Medical Experts Explore Meditation to Combat Epidemic of Military Suicides

“Overcoming PTSD and Preventing Suicides: An Evidence Based Approach through Meditation in the Military”

Veterans Conference at the New York Athletic Club on February 4, 2013

Suicide is now the [leading cause of death in our armed forces](#). The David Lynch Foundation will host, “Overcoming PTSD and Preventing Suicides: An Evidence Based Approach through Meditation in the Military,” a panel and luncheon addressing the suicide epidemic in our armed forces.

The Department of Veterans Affairs, along with some of the nation’s leading military academies and hospitals such as Norwich University, the oldest private military college in the country, are studying and implementing meditation as a means to combat suicide among our servicemembers and veterans. This panel will discuss their findings.

WHO: [The David Lynch Foundation](#), a 501(c)(3) charity created to bring meditation to at-risk populations hosts a panel discussion with military and medical leaders. Servicemembers who have utilized meditation to combat PTSD will be present at the event.

WHEN/WHERE:

Monday, February 4th, 2013 from 12:00 PM to 2:30 PM
The New York Athletic Club
180 Central Park South, New York, NY 10019

PANELISTS:

- RADM Richard Schneider USCGR (ret), President of **Norwich University**,
- Dr. Robert Cancro, Professor and Chairman Emeritus of Psychiatry at **New York University’s** Langone Medical Center
- Jerry Yellin, WWII fighter pilot and national Co-Chair of Operation Warrior Wellness
- Rita Cosby, Emmy award winning TV host and daughter of a WWII POW
- Ed Schloeman, CMS (Ret.), National Co-Chair of Operation Warrior Wellness
- Robert Roth, Executive Director of the David Lynch Foundation.

The benefits of meditation have been studied and found effective at the **Harvard School of Medicine**, the **National Institutes of Health**, the **U.S. Department of Defense** and **The American Medical Association**. Results show meditation promotes resilience among cadets and eases the trauma of combat for returning veterans by improving constructive thinking and significantly reducing stress, anxiety and depression. According to a study published in 2012 by the **American Heart Association**, meditation may significantly reduce death, heart attack and stroke in heart patients.

For inquiries, interviews and press attendance, contact Jillian Nannery at The TASC Group at 646-723-4344 or jill@thetascgroup.com

About The David Lynch Foundation: The David Lynch Foundation, a 501(c)(3) organization, was established in 2005 to fund the implementation of scientifically proven stress-reducing modalities including Transcendental Meditation, for at-risk populations such as underserved inner-city students; veterans with PTSD and their families; women and girls who have been victims of violence, rape, and abuse, American Indians suffering from diabetes and high suicide rates; homeless adults and teens participating in reentry programs; and incarcerated adults and juveniles. For more information, visit <http://www.davidlynchfoundation.org/>

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