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Women in the Workplace: Reducing Stress With Meditation

**Dean Mary Schmidt Campbell, Candy Crowley, Lena Dunham, Lesley Jane Seymour
and Other Leading Women Professionals to Discuss Transcendental Meditation
at Paley Center Conference on October 8**

***David Lynch Foundation Will Announce Plans to Teach Meditation
to 10,000 Women Survivors of Domestic Violence***

New York, NY – September 25, 2013: The David Lynch Foundation will host two hundred women professionals, including leaders in finance, publishing and the arts, at a luncheon and panel discussion at the Paley Center for Media in New York City on Tuesday, October 8 from 12 PM to 3 PM. The panel discussion will focus on meditation as a simple, evidence-based tool for managing stress in the workplace.

According to a growing number of scientific studies by prestigious institutions such as the Harvard School of Medicine, the American Heart Association and the National Institutes of Health, Transcendental Meditation (TM) lowers stress and blood pressure, increases focus and concentration, reduces anxiety, depression and insomnia and builds overall resilience.

“Women. Meditation. Stress” will discuss these outcomes and the experiences of women in the workplace who meditate. The event is co-sponsored by the David Lynch Foundation’s Women’s Initiative, the New York City Mayor’s Office to Combat Domestic Violence, the Avon Foundation for Women and *More* magazine.

“Meditation has empowered me in all aspects of my life from my career to personal relationships,” says **Guggenheim Investments CAO Rehanna Farrell**. “I make more conscious decisions with a deeper perspective and more balanced approach. It has enhanced my natural strengths and improved areas of weakness.”

The David Lynch Foundation will announce plans at the event to teach TM to 10,000 women survivors of domestic violence across the country. All proceeds from the event will support the initiative to teach meditation to victims in New York City.

“There is a tumultuous and ongoing storm of pain and anguish that rages in the minds of women who have suffered any kind of abuse, especially domestic violence,” says **internationally renowned physician and scientist Dr. Pamela Peeke**. “Healing this suffering requires calm and inner enlightenment. This transcendence is found in the bliss and peace of TM’s transcendence.”

Panelists and speakers at the event include:

- **Mary Schmidt Campbell**, Dean, Tisch School of the Arts at New York University
- **Candy Crowley**, news anchor, CNN’s *State of the Union with Candy Crowley*
- **Lena Dunham**, filmmaker and actress (introducing the panel and offering opening remarks)
- **Rehanna Farrell**, CAO, Guggenheim Investments
- **Yolanda Jimenez**, Commissioner, Mayor’s Office to Combat Domestic Violence
- **Carol Kurzig**, President, Avon Foundation for Women
- **Dr. Pamela Peeke**, MD, MPH, FACP, Assistant Professor of Medicine at the University of Maryland and chief lifestyle expert for WebMD
- **Lesley Jane Seymour**, editor-in-chief, *More* magazine

According to the Center for Disease Control, heart disease is the leading cause of death in women. Women whose work is highly stressful have a 40% increased risk of heart disease when compared to their colleagues with less stressful careers, according to Harvard Medical School. The Penn State College of Medicine conducted a study in 2012 that revealed stress is more harmful to women than to men, putting them at greater risk for a potential heart attack or stroke. Meditation is a field-tested, evidence-based technique that reduces stress and decreases risk for heart disease and death.

Event Date: Tuesday, October 8, 2013

Time: 12 PM – 3 PM

Location: Paley Center for Media
25 W 52nd St.
New York, NY 10019

For media inquiries or more information about the David Lynch Foundation, contact Kamian Allen or Rida Bint Fozi at The TASC Group at 646-723-4344 or kamian@thetascgroup.com / rida@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 www.davidlynchfoundation.org.

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