



FOR IMMEDIATE RELEASE

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WOMEN, MEDITATION & WORK-LIFE BALANCE

Roundtable Discussion with Arianna Huffington, Patricia Harrison, Robin Roberts, Cynthia McFadden, Dr. Jennifer Ashton, Dr. Suzanne Steinbaum, Lesley Jane Seymour and Perri Peltz

Event Will Raise Funds to Bring Meditation to Victims of Domestic Violence and Abuse in New York City

New York, NY – March 26, 2015: The David Lynch Foundation will host “**Women, Meditation and Work-Life Balance**,” a business luncheon roundtable with women in the media who meditate on Thursday, April 16, 2015. Join Arianna Huffington, Patricia Harrison, Robin Roberts, Cynthia McFadden, Dr. Jennifer Ashton, Dr. Suzanne Steinbaum, Lesley Jane Seymour and moderator Perri Peltz for a discussion on how these eight extraordinary women use Transcendental Meditation to overcome stress, improve performance and enhance their work-life balance.

Studies show stress is more harmful to women than it is to men, putting them at greater risk for a potential heart attack or stroke. Heart disease continues to be the number one killer of women. According to research by prestigious institutions such as the Harvard School of Medicine, the American Heart Association and the National Institutes of Health, Transcendental Meditation lowers stress and blood pressure, increases focus and concentration, reduces anxiety, depression and insomnia and builds overall resilience.

WHO: **Arianna Huffington**, Chair, President, Editor-in-Chief, Huffington Post Media Group
Patricia Harrison, President and CEO, Corporation for Public Broadcasting
Robin Roberts, Anchor, ABC’s *Good Morning America*
Cynthia McFadden, NBC Senior Legal and Investigative Correspondent
Dr. Jennifer Ashton, OB/GYN, ABC News Senior Medical Contributor
Dr. Suzanne Steinbaum, Lenox Hill Hospital heart specialist and host of *Focus onHealth*
Lesley Jane Seymour, editor-in-chief, *More* magazine
Perri Peltz, Filmmaker and Director

WHAT: **Women, Meditation and Work-Life Balance**, hosted by the **David Lynch Foundation**. Roundtable discussion with leading women professionals in the media discussing the benefits of the evidence-based Transcendental Meditation technique to overcome stress, improve performance and enhance work-life balance.

WHEN: Thursday, April 16, 2015
11:30 AM: Press check-in
12:00 PM – 12:45 PM: Luncheon
12:45 PM - 2:30 PM: Roundtable discussion

Please note: Limited seats are available for the luncheon.

WHERE: 583 Park Avenue (btwn. E 63rd and E 64th Sts.)
New York, NY 10065

***Tickets:** Tickets start at \$175. For more information, visit <http://www.davidlynchfoundation.org/women-business-luncheon/>.*

All proceeds from the luncheon will help provide the Transcendental Meditation technique to women and girls in New York City who are victims of violence and abuse as part of the David Lynch Foundation's partnership with the New York City Mayor's Office to Combat Domestic Violence.

Media wishing to cover this event must request press credentials by contacting Kamian Allen at The TASC Group at [212-337-8870](tel:212-337-8870) or kamian@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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