



# **Improving Our Work-Life and Productivity Through Meditation**

**with Jim Rose, M Ed., Rutgers University**

Jim Rose, M Ed., Rutgers University, is a retired executive of Johnson & Johnson a multi-national corporation. He has 35 years of experience in Human Resources management, employee development and conflict resolution. Jim currently provides workshops and training to groups throughout the world where he connects meditation and spiritual development to important aspects of our lives. He has been meditating for over 20 years and now focuses much of his time on his own spiritual development and in helping others who wish to do the same.

**Wednesday, November 16 at 7:00 pm  
at the Hunterdon County Library**

314 Route 12, Raritan Township, NJ

**This program is FREE and open to the public.**

For reservations, call (908) 788-1434 or visit our web site's Events Calendar at [www.hclibrary.us](http://www.hclibrary.us).

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