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National Summit to Explore Transcendental Meditation As an Antidote to America's Epidemic of Addiction

*ABC TV's Elizabeth Vargas and Dr. Jennifer Ashton, Weill Cornell's Dr. Richard Friedman
To Address Government Leaders, Addiction Specialists at the Paley Center on Friday, April 29*

New York, NY - April XX, 2016: The widespread availability of a simple, evidence-based meditation technique may hold a key to addressing the epidemic of addiction to heroin, alcohol and prescription drugs, according to a growing number of medical doctors and addiction specialists.

On Friday, April 29, a panel of experts will convene at the Paley Center for Media to discuss recent outcomes and clinical experiences using the Transcendental Meditation technique to help adults and teens break the chronic "stress-anxiety-addiction" to promote healthier behaviors.

WHO: **Jennifer Ashton, M.D.**, Senior Medical Contributor, ABC's *Good Morning America*
Elizabeth Vargas, anchor, ABC's 20/20, author, *Between Breaths: A Memoir of Anxiety and Addiction*
Russell Brand, comedian (via Skype)
Richard Friedman, M.D., Professor of Clinical Psychiatry; Director of the Psychopharmacology Clinic, Weill Cornell Medical College; *New York Times* columnist
Norman Rosenthal, M.D., Clinical Professor of Psychiatry, Georgetown University Medical School; Medical Researcher; author, *Super Mind: How to Boost Performance and Live a Richer and Happier Life through Transcendental Meditation*
Jan Gryczynski, Ph.D., Senior Research Scientist, Friends Research Institute
Peter Dodge, Founder, Board Chair and President, The Peter G. Dodge Foundation
Robert Miller, Board Chair, Freedom Institute
Cindy Feinberg, CPC, CAI, President, The Recovery Coach NY

Transcendental Meditation (TM) is a simple, easily-learned mental technique, practiced for 20 minutes twice daily, which produces a unique state of "restful alertness." More than 370 studies have been published in peer-reviewed scientific journals documenting the effectiveness of TM for reducing stress and stress-related disorders while improving health, cognitive function and behavior. The National Institutes of Health and the Department of Defense have provided nearly \$30 million in grants to further study the benefits of TM for heart health and post-traumatic stress disorder.

The Summit is sponsored by the David Lynch Foundation, The Peter G. Dodge Foundation and the Freedom Institute.

WHAT: *National Summit on Recovery, Meditation and the Brain*, a panel discussion with experts on addiction moderated by ABC Senior Medical Contributor Dr. Jennifer Ashton and featuring special guest Elizabeth Vargas.

WHEN: **April 29, 2016**
Lunch: 11:30AM – 12:45PM
Presentations: 1:00PM – 3:00PM

WHERE: The Paley Center for Media
25 West 52nd Street
New York, NY 10019

***Tickets:** Tickets are \$125 general admission. For more information, visit <http://www.davidlynchfoundation.org/recovery-conference/>.*

Media wishing to cover this event must request press credentials by contacting Ann Kaiser at The TASC Group at 212-337-8870 or ann@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.

About The Peter G. Dodge Foundation

The Peter G. Dodge Foundation (PGDF) is a philanthropic organization dedicated to helping people lead lives free from the effects of alcohol addiction. Established by Hanover Research Founder Peter G. Dodge, PGDF supports the advancement of new treatments and the dissemination of up-to-date information about alcohol-use disorder (AUD).

PGDF maintains an online resource where those who suffer from AUD can learn about treatment options and how to access them, and operates two distinct grant programs: Mission Grants and Community Grants. Mission Grants fund work that aligns with our primary mission of helping people lead lives free from the effects of alcohol addiction. Community Grants improve the lives of young people through education, medicine, and the arts, and protect animal welfare.

About The Freedom Institute

The Freedom Institute model is dedicated to recovery, long-term sobriety, and wellness for the whole family. Their team of experienced and skilled clinicians offers a sophisticated, evidence-based therapeutic model that incorporates Family Systems work whenever possible. This allows families and individuals to experience recovery in a caring, compassionate and confidential environment. Freedom Institute helps the whole family heal and recover freedom from addiction.