



Released 2007



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Press Release

FOR IMMEDIATE RELEASE

March 2007, Vancouver—British Columbia

A randomized controlled trial has been conducted by researchers at the *University of British Columbia* and in conjunction with *Fraser Health Authority* to determine the effects of meditation and its value as a stress reduction intervention for Home Care nurses who traditionally experience high levels of stress.

The study used Level I meditation techniques offered by *Training in Power Academy*. Nurses took four classes of meditation instruction over a period of 4 weeks during February and March 2005. Statistical results show a significant decrease in trait anxiety, fatigue, and an increase in overall spiritual well-being.

See the Abstract at the Fraser Health Authority web site:

Title of study: A randomized controlled trial of the effects of meditation on home care nurses' work stress.

Visit the following site for more information: <http://www.fraserhealth.ca/Professionals/Research/Pages/Special%20Features.aspx>

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