

## Health Success Story: Rosanna Masley

Since her college days, Rosanna Masley has seen the importance of a healthy lifestyle. Now an acquisitions Coordinator at the CWRU Law Library, she sees the importance of daily meditation.

She recently answered some questions for the Wellness Team

1. In which on-site wellness programs have you participated?

I began with the SMART 1.0, then I took Get Fit for Life. Then next I signed up for the Meditation Classes.

2. What changes have you noticed since starting these stress reduction classes?

Now, I am prepared to deal with stressful times when they arise with options to diffuse and recover.

3. Do you have a daily practice?

I pray and meditate daily in the morning. I keep a gratitude journal.

4. Do you listen to anything specific for your practice?

I use Francoise Adan's CD "Let My Words Be Your Words" and Sharon Salzberg's "Guided Mediations for Love and Wisdom".

5. What else do you do for your health?

I enjoy joining up the CWRU Walking Club. I enjoy dog sports activities.

6. What is your health philosophy or motto?

Health is a journey: enjoy the adventure.