



NEW JERSEY

Association of State Colleges and Universities

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QuickTakes!

Ramapo's Krame Center for Mindful Living Partners with UMass Medical School's Center for Mindfulness

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Ramapo College has upped its mindfulness to a new level of stress-free excellence. The Krame Center for Contemplative Studies and Mindful Living at Ramapo College of New Jersey is partnering with the Center for Mindfulness (CFM) at the University of Massachusetts Medical School. CFM has been a pioneer in the mindfulness movement and in bringing Jon Kabat-Zinn's Mindfulness-Based Stress Reduction (MBSR) course to tens of thousands of people. This partnership will enable the Krame Center to offer many new and exciting programs to the community.

In addition to the speaker series and eight-week Mindfulness-Based Stress Reduction courses, the Krame Center is offering a Half-Day Silent Retreat, the MBSR Fundamentals Professional Education program for future MBSR instructors and many other exciting fall programs.

"Ramapo College is pleased to be home to the Krame Center and the Krame Center's partnership with the Center for Mindfulness at UMass Medical School is noteworthy," said Ramapo College President Peter P. Mercer. "Strategic partnerships among like organizations, as in this case, have the very real capacity to foster innovation, enhance visibility, and more broadly promote the benefits of a liberal education."

The mission of the Krame Center for Contemplative Studies and Mindful Living is to support faculty, staff and students while also serving the greater community as a distinctive center at Ramapo College of New Jersey, for learning and applied research in contemplative and mindfulness practices for the betterment and well-being of individuals, organizations and society. For more information, visit www.ramapo.edu/kramecenter/.

About Ramapo

Ranked by *U.S. News & World Report* as fifth in the Best Regional Public Universities North category, Ramapo College of New Jersey is sometimes viewed as a private college. This is, in

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*The College of New Jersey
Kean University
Montclair State University*

*New Jersey City University
Ramapo College of New Jersey
Rowan University*

*Stockton University
Thomas Edison State University
William Paterson University*

part, due to its unique interdisciplinary academic structure, its size of approximately 6,000 students and its pastoral setting in the foothills of the Ramapo Mountains on the New Jersey/New York border.

Established in 1969, Ramapo College offers bachelor's degrees in the arts, business, humanities, social sciences and the sciences, as well as in professional studies, which include nursing and social work. In addition, Ramapo College offers courses leading to teacher certification at the elementary and secondary levels. The college also offers eight graduate programs as well as articulated programs with Rutgers, The State University of New Jersey, New York Chiropractic College, New York University College of Dentistry, SUNY State College of Optometry and New York College of Podiatric Medicine.