



## Manage Your Health Series

# Meditation to Enhance Focus Webinar

Presented by [Cincinnati Sports Club](#) and [TriHealth](#)

**Wednesday, January 19, 6 p.m.**

Registration Required: [signupgenius.com/go/cscmeditation119](https://signupgenius.com/go/cscmeditation119)

Despite common misconceptions, meditation does not require clearing the mind of all thought, nor does it demand years of practice to gain any benefit, one of which includes improved focus and attention. This virtual presentation teaches participants how to use meditation to improve their concentration and block out distractors in their daily lives. TriHealth's Katie Pitzer, MS, will share meditation techniques to help improve brain function, reduce stress and maintain focus.

To participate in this free webinar, please [register online here](#).



**Katie Pitzer, MS**  
Workplace Wellbeing & Fitness Consultant, TriHealth Corporate Health

In her more than 10 years' experience with TriHealth, Katie Pitzer has managed multiple onsite fitness centers, overseen group fitness and personal training programs, and served as an employer solutions consultant for TriHealth Corporate Health. She earned her bachelor's degree in Exercise Science from the University of Indianapolis and a master's degree in Exercise and Health Studies from Miami University. She also is certified in Group Fitness and Personal Training.

