Breathing is one of the most important things we do for our health. Unfortunately, so many of us are breathing incorrectly and a host of maladies can result. This class will detail ways to re-engage and strengthen your breathing muscle, which is one of the easiest changes in health behavior.

Instructor: Michael A. DeStefano, PhD, Lecturer/Lab Instructor, Rutgers University Department of Kinesiology and Health (New Brunswick, NJ)

Register through the Employee Learning Center at www.princeton.edu/training

**Michael DeStefano**, PhD, is a Lecturer/Lab Instructor with the Department of Kinesiology and Health at Rutgers University. He holds a PhD in physiology and integrative biology with specialization in the molecular biosciences. At Rutgers, Dr. DeStefano has taught multiple life science courses including Motor Learning; Functional Human Anatomy; and Exercise Physiology.