

# MEDITATION

## LIVE SESSIONS

*Take a midweek, midday mindful pause  
to help with stress management.*

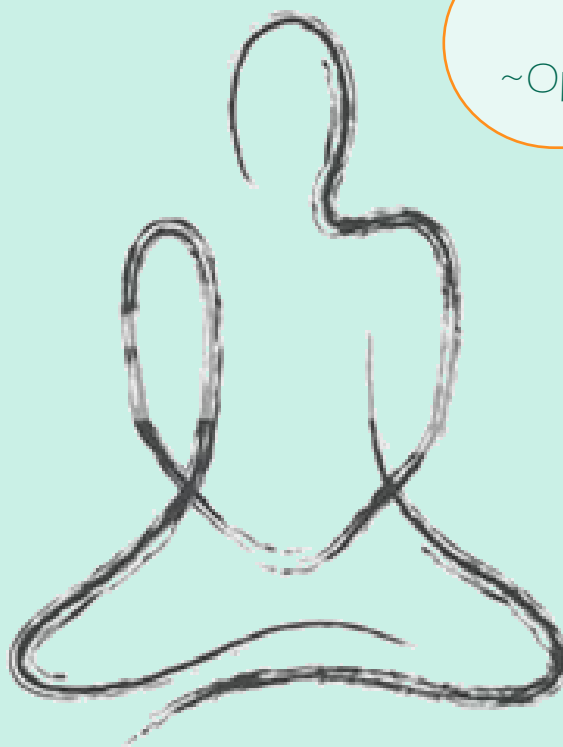
*With the EAP Clinician Shiri Macri, MA, LCMHC*

Wednesdays 12:15-12:45pm, Online ([Webex link](#))

Information: [dh.eap@hitchcock.org](mailto:dh.eap@hitchcock.org) 603-650-5819

~2 guided meditations

~Optional discussion in between



Scan for event, links:



*Suggestion: Step away from your desk and join from a relaxing spot.*

About Shiri: Shiri has over 15 years of training and experience in mindfulness, including participating in MBCT, MBSR, and MBSR Teacher Training. She has been practicing mindfulness on a regular/daily basis and attended several intensive meditation retreats, including with renowned mindfulness teacher/practitioner, Jon Kabat-Zinn