

MINDFULNESS FOR STRESS

LIVE MEDITATIONS

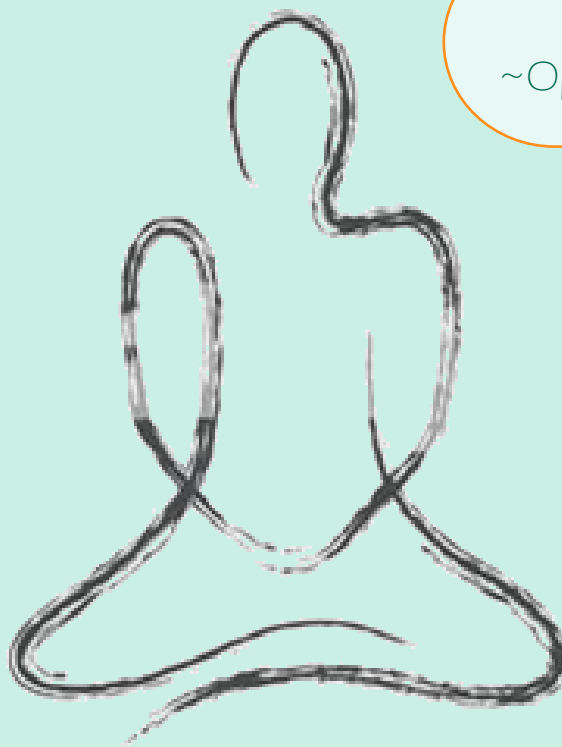
*Take a midday, midweek mindful pause
to help with stress management.*

With the EAP Clinicians Shiri Macri LCMHC, Eric Stanley LICSW, Eve Zukowski PhD

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

Information: dh.eap@hitchcock.org 603-650-5819

~2 guided meditations
~Optional discussion in between



Scan for event, links:



SCAN ME

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

About EAP: Solution-focused counseling for DH Employees and immediate, in-home family members with Licensed Clinicians experienced in Stress, Anxiety, Workplace issues, Trauma, Eating behaviors, Mindfulness and other Mental Health needs. 603-650-5819 dh.eap@hitchcock.org