

Mindfulness and Compassion for Stress and Burnout

‘Infusing’ practices into a busy life

with Shiri Macri, Licensed Mental Health Clinician, EAP



DATES: Series runs Wednesdays, January 8, 15, 22 and 29

TIME: 12:05 pm-12:55 pm

WHERE: January 8, 15 & 29 Heater Road Conference Rooms 3B/C
January 22 Heater Road Conference Room 1A

WHO: Dartmouth-Hitchcock employees who would like to reduce or prevent stress and burnout

For more information and to register:
[MYLOGIN.HITCHCOCK.ORG/WELLNESS](https://mylogin.hitchcock.org/wellness)

Call (603) 650-5950

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