

Mindfulness and Compassion for Stress and Burnout

‘Infusing’ practices into a busy life

with Shiri Macri, Licensed Mental Health Clinician, EAP



DATES: Series runs Mondays, May 4, 11, 18 and
Wednesday, May 27

TIME: 8:05 am-8:55 am

WHERE: web-ex (link will be sent after you register)

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

E-mail livewellworkwell@hitchcock.org