



CAPE COD HEALTHCARE

Free Meditation Services for Cape Cod Healthcare Employees

Guided Meditation

Meditations by Dr. Ron Siegel who is an Assistant Professor of Psychology and a part of the faculty at Center for Mindfulness and Compassion at the Cambridge Health Alliance:

<https://drronsiegel.com/recorded-meditations/>

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Meditation App

Meditation 101 – use the code “CCHC”:

<https://app.wellable.co/meditation101>