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## **Merrimack Valley Hospital to Host Crystal Bowl Meditation**

Merrimack Valley Hospital will host a crystal bowl meditation class with Reiki Master Sherryl Comeau on Monday, August 30 at 11:30 am. The class will be held in Suite 503 of the medical office building attached to the hospital.

Through the beautiful sounds of quartz singing bowls, Tibetan bells, and other harmonious percussion instruments, Sherryl will take participants on a soul journey of deep spiritual levels with the tones that will connect them to their chakras, guides and the Divine.

The class, which costs \$5, is part of the Merrimack Valley Hospital Wellness Program which helps employees live healthier lives. All seminars for employees are also open to the public, but registration is necessary. To register, please call Yinelle at 978 521-8150. Merrimack Valley Hospital is located at 140 Lincoln Avenue in Haverhill. About Merrimack Valley Hospital.

*Please see condensed calendar listing/brief below.*

### **About Merrimack Valley Hospital**

*Merrimack Valley Hospital maintains 107 acute care beds and 17 adult behavioral medicine beds; all are private rooms. The hospital's clinical strengths include a 24-hour emergency department; orthopedic, endoscopic, general, vascular, urologic, GYN, plastic and reconstructive, podiatric, thoracic, ENT and outpatient pediatric surgery; and adult behavioral medicine care with a focus on geriatric issues.*

*Merrimack Valley Hospital offers a comprehensive Pain Management Center, a Wound Care and Hyperbaric Center, and a Sleep Study Lab.*

*MVH also provides a wide range of outpatient services, such as laboratory services; electrocardiography (ECG or EKG); electroencephalograms (EEG); electromyography (EMG); pulmonary function testing (PFT); Imaging Services such as dysphagia testing, bone density testing, full-field digital mammography, ultrasound (general & obstetrical) and echocardiograms, magnetic resonance imaging (MRI), positron emission tomography (PET-Scan), 64-Slice CT scan and x-rays; nuclear medicine services that include SPECT Scans; surgical day care; and physical therapy.*

*An affiliate of Essent Healthcare, Inc., the hospital serves Merrimack Valley and southern New Hampshire. More information can be found at [www.merrimackvalleyhospital.com](http://www.merrimackvalleyhospital.com).*

### **Condensed Calendar/Brief Listing:**

**Crystal bowl meditation class** with Reiki Master Sherryl Comeau on Monday, August 30 at 11:30 a.m. in Suite 503 of the medical office building attached to Merrimack Valley Hospital. Through the sounds of harmonious percussion instruments, Sherryl will take participants on a soul journey of deep spiritual levels to help connect them to their chakras, guides and the Divine. The class, which costs \$5, is part of Merrimack Valley Hospital's Wellness Program. Open to the public. To register, please call Yinelle at 978 521-8150. Merrimack Valley Hospital is located at 140 Lincoln Avenue in Haverhill.