

## **OMH Wellness Groups**

https://meetny.webex.com/meet/Sara.Wollner

Phone In: **1-518-549-0500** Access Code: **161-377-5911** 

For questions or feedback, please email: omh.wellnessgroups@omh.ny.gov

Thursday  Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D.  Monday Meditation (12-12:15pm) Kate Provencher, MA, LMHC  Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW  Monday Meditation (12-12:15pm) Marilyn McKee, PH.D.  Monday Meditation (12-12:30pm) (8-8:45pm)  Monday Meditation (12-12:30pm) (8-8:45pm)  Monday Meditation (12-12:30pm) (8-8:45pm)  Monday Meditation (12-12:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW  Monday Meditation (12-12:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW  Monday Meditation (12-12:30pm) (8-8:45pm)  Monday Meditation (12-12:30pm) (8-8:45pm)  Monday Meditation (12-12:30pm) Marilyn McKee, PH.D.  Monday Meditation (12-12:30pm) Marilyn McKee, PH.D.  Monday Meditation (12-12:30pm) Marilyn McKee, PH.D.  Taking Care of Mind and Body (11-11:30pm) Kate Provencher, MA, LMHC  Taking Care of Mind and Body (11-11:30pm) Marilyn McKee, PH.D.  Taking Care of Mind and Body (11-11:30pm) Marilyn McKee, PH.D.  Taking Care of Mind and Body (11-11:30pm) Marilyn McKee, PH.D.  Taking Care of Mind and Body (11-11:30pm) Marilyn McKee, PH.D.  Taking Care of Mind and Body (11-11:30pm) Marilyn McKee, PH.D.  Taking Care of Mind and Body (11-11:30pm) Marilyn McKee, PH.D.  Taking Care of Mind and Body (11-11:30pm) Marilyn McKee, PH.D.  Taking Care of Mind and Body (11-11:30pm) Danielle Johnson, LMHC  Monday Meditation (12-12:30pm) Taking Care of Mind and Body (11-11:30pm) Danielle Johnson, LMHC					
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