



## February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3 Monday Meditation</b> (12-12:15pm) Danielle Johnson, LMHC <a href="#">Click to Join</a></p>	<p><b>4 Breath/Body/Mind Practices</b> (6-6:30am) <a href="#">Click to Join</a> (12-12:30pm) <a href="#">Click to Join</a> (8-8:45pm) <a href="#">Click to Join</a></p>	<p><b>5 Breath/Body/Mind Practices Spanish</b> (8pm) <a href="#">Click to Join</a></p>	<p><b>6 Taking Care of Mind and Body</b> (11-11:30am) Marilyn McKee, PH.D. <a href="#">Click to Join</a> <b>Wellness Break</b> 8pm-8:15pm Danielle Johnson, LMHC Kate Provencher, MA, LMHC <a href="#">Click to Join</a></p>	<p><b>7 Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC <a href="#">Click to Join</a></p>
<p><b>10 Monday Meditation</b> (12-12:15pm) Danielle Johnson, LMHC <a href="#">Click to Join</a> <b>Mindful Monday</b> (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW <a href="#">Click to Join</a></p>	<p><b>11 Breath/Body/Mind Practices</b> (6-6:30am) <a href="#">Click to Join</a> (12-12:30pm) <a href="#">Click to Join</a> (8-8:45pm) <a href="#">Click to Join</a></p>	<p><b>12 Breath/Body/Mind Practices Spanish</b> (8pm) <a href="#">Click to Join</a></p>	<p><b>13 Taking Care of Mind and Body</b> (11-11:30am) Marilyn McKee, PH.D. <a href="#">Click to Join</a> <b>Wellness Break</b> 8pm-8:15pm Danielle Johnson, LMHC Kate Provencher, MA, LMHC <a href="#">Click to Join</a></p>	<p><b>14 Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC <a href="#">Click to Join</a></p>
<p><b>17 No Class</b></p>	<p><b>18 Breath/Body/Mind Practices</b> (6-6:30am) <a href="#">Click to Join</a> (12-12:30pm) <a href="#">Click to Join</a> (8-8:45pm) <a href="#">Click to Join</a></p>	<p><b>19 Breath/Body/Mind Practices Spanish</b> (8pm) <a href="#">Click to Join</a></p>	<p><b>20 Taking Care of Mind and Body</b> (11-11:30am) Danielle Johnson, LMHC <a href="#">Click to Join</a> <b>Wellness Break</b> 8pm-8:15pm Danielle Johnson, LMHC Kate Provencher, MA, LMHC <a href="#">Click to Join</a></p>	<p><b>21 Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC <a href="#">Click to Join</a></p>
<p><b>24 Monday Meditation</b> (12-12:15pm) Kate Provencher, MA, LMHC <a href="#">Click to Join</a> <b>Mindful Monday</b> (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW <a href="#">Click to Join</a></p>	<p><b>25 Breath/Body/Mind Practices</b> (6-6:30am) <a href="#">Click to Join</a> (12-12:30pm) <a href="#">Click to Join</a> (8-8:45pm) <a href="#">Click to Join</a></p>	<p><b>26 Breath/Body/Mind Practices Spanish</b> (8pm) <a href="#">Click to Join</a></p>	<p><b>27 Taking Care of Mind and Body</b> (11-11:30am) Marilyn McKee, PH.D. <a href="#">Click to Join</a> <b>Wellness Break</b> 8pm-8:15pm Danielle Johnson, LMHC Kate Provencher, MA, LMHC <a href="#">Click to Join</a></p>	<p><b>28 Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC <a href="#">Click to Join</a></p>



## February 2025

Please use QR codes to sign on to webinars



Monday, Thursday & Friday



Tuesday 6 am (English)



Tuesday 12 pm (English)



Tuesday 8 pm (English)



Wednesday 8 pm (Spanish)

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