



OMH Wellness Groups

<https://meetny-gov.webex.com/meet/sara.wollner-new>

Join by Phone:
+1-929-251-9612 United States Toll (New York City)
+1-415-527-5035 United States Toll
Access Code: 2829 465 8268
For questions or feedback, please email:
omh.wellnessgroups@omh.ny.gov

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			2 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. Click to Join	3 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join
6 Monday Meditation (12-12:15pm) Marilyn McKee, PH.D. Click to Join Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW Click to Join	7 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	8 Breath/Body/Mind Practices Spanish (8pm) Click to Join	9 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. Click to Join	10 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join
13 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Click to Join	14 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	15 Breath/Body/Mind Practices Spanish (8pm) Click to Join	16 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. Click to Join	17 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join
20 No Class	21 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	22 Breath/Body/Mind Practices Spanish (8pm) Click to Join	23 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. Click to Join	24 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join
27 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Click to Join Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW Click to Join	28 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	29 Breath/Body/Mind Practices Spanish (8pm) Click to Join	30 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. Click to Join	31 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please use QR codes to sign on to webinars</p>  <p>Monday, Thursday & Friday</p>	 <p>Tuesday 6 am (English)</p>	 <p>Tuesday 12 pm (English)</p>	 <p>Tuesday 8 pm (English)</p>	 <p>Wednesday 8 pm (Spanish)</p>
<p>6 Monday Meditation (12-12:15pm) Marilyn McKee, PH.D.</p> <p>Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW</p>	<p>7 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)</p>	<p>8 Breath/Body/Mind Practices Spanish (8pm)</p> 	<p>9 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D.</p>	<p>10 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC</p>
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