



OMH Wellness Groups

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

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

May 2024

Monday		Tuesday		Thursday	Friday
6 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW	7 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)	9 Taking Care of Mind and Body (11-11:30pm) Marilyn McKee, PH.D.	10 Tending to Self (12-12:30pm) Marilyn McKee, PH.D.	2	3 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC
13 Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW	14 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)	16 Taking Care of Mind and Body (11-11:30pm) Marilyn McKee, PH.D.	17 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC		
20 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW	21 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)	23 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D.	24 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC		
27 Holiday	28 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)	30 Taking Care of Mind and Body (11-11:30pm) Marilyn McKee, PH.D.	31 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC		

Please use these QR codes to sign on to webinars

Monday, Thursday & Friday



Tuesday

