



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

April 2024

Monday	Tuesday	Thursday	Friday
1 Monday Meditation (12-12:15pm) Kate Provencher, MA, LMHC Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW	2 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)	4 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D.	5 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC
8 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC	9 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)	11 Taking Care of Mind and Body (11-11:30pm) Marilyn McKee, PH.D.	12 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC
15 Monday Meditation (12-12:15pm) Kate Provencher, MA, LMHC	16 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)	18 Taking Care of Mind and Body (11-11:30am) Kate Provencher, MA, LMHC	19 Tending to Self (12-12:30pm) Danielle Johnson, LMHC
22 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW	23 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)	25 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D.	26 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC
29 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC	30 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)		



Monday, Thursday & Friday

Tuesday



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