

# 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](mailto:omh.wellnessgroups@omh.ny.gov)

## April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1 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>	<b>2 Breath/Body/Mind Practices Spanish</b> (8pm) <a href="#">Click to Join</a>	<b>3 Taking Care of Mind and Body</b> (11-11:30am) <a href="#">Click to Join</a> Marilyn McKee, PH.D. <b>Wellness Break</b> (8pm-8:15pm) <a href="#">Click to Join</a> Danielle Johnson, LMHC Kate Provencher, MA, LMHC	<b>4 Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC <a href="#">Click to Join</a>
<b>7 Monday Meditation</b> (12-12:15pm) <a href="#">Click to Join</a> Danielle Johnson, LMHC <b>Mindful Monday</b> (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW <a href="#">Click to Join</a>	<b>8 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>	<b>9 Breath/Body/Mind Practices Spanish</b> (8pm) <a href="#">Click to Join</a>	<b>10 Taking Care of Mind and Body</b> (11-11:30am) <a href="#">Click to Join</a> Marilyn McKee, PH.D. <b>Wellness Break</b> (8pm-8:15pm) <a href="#">Click to Join</a> Danielle Johnson, LMHC Kate Provencher, MA, LMHC	<b>11 Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC <a href="#">Click to Join</a>
<b>14 Monday Meditation</b> (12-12:15pm) Danielle Johnson, LMHC <a href="#">Click to Join</a>	<b>15 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>	<b>16 Breath/Body/Mind Practices Spanish</b> (8pm) <a href="#">Click to Join</a>	<b>17 Taking Care of Mind and Body</b> (11-11:30am) <a href="#">Click to Join</a> Marilyn McKee, PH.D. <b>Wellness Break</b> (8pm-8:15pm) <a href="#">Click to Join</a> Danielle Johnson, LMHC Kate Provencher, MA, LMHC	<b>18 Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC <a href="#">Click to Join</a>
<b>21 Monday Meditation</b> (12-12:15pm) <a href="#">Click to Join</a> Danielle Johnson, LMHC <b>Mindful Monday</b> (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW <a href="#">Click to Join</a>	<b>22 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>	<b>23 Breath/Body/Mind Practices Spanish</b> (8pm) <a href="#">Click to Join</a>	<b>24 Taking Care of Mind and Body</b> (11-11:30am) <a href="#">Click to Join</a> Marilyn McKee, PH.D. <b>Wellness Break</b> (8pm-8:15pm) <a href="#">Click to Join</a> Danielle Johnson, LMHC Kate Provencher, MA, LMHC	<b>25 Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC <a href="#">Click to Join</a>
<b>28 Monday Meditation</b> (12-12:15pm) <a href="#">Click to Join</a> Danielle Johnson, LMHC	<b>29 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>	<b>30 Breath/Body/Mind Practices Spanish</b> (8pm) <a href="#">Click to Join</a>		

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# April 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)

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>Breath/Body/Mind Practices</b> (6-6:30am) (12-12:30pm) (8-8:45pm)	<b>2</b> <b>Breath/Body/Mind Practices Spanish</b> (8pm)	<b>3</b> <b>Taking Care of Mind and Body</b> (11-11:30am). Marilyn McKee, PH.D. <b>Wellness Break</b> (8pm-8:15pm) Danielle Johnson, LMHC Kate Provencher, MA, LMHC	<b>4</b> <b>Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC
<b>7</b> <b>Monday Meditation</b> (12-12:15pm) Danielle Johnson, LMHC <b>Mindful Monday</b> (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW	<b>8</b> <b>Breath/Body/Mind Practices</b> (6-6:30am) (12-12:30pm) (8-8:45pm)	<b>9</b> <b>Breath/Body/Mind Practices Spanish</b> (8pm)	<b>10</b> <b>Taking Care of Mind and Body</b> (11-11:30am) Marilyn McKee, PH.D. <b>Wellness Break</b> (8pm-8:15pm) Danielle Johnson, LMHC Kate Provencher, MA, LMHC	<b>11</b> <b>Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC
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