




# December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> <b>Monday Meditation</b> (12-12:15pm) Danielle Johnson, LMHC <a href="#">Click to Join</a></p>	<p><b>3</b> <b>Breath/Body/Mind Practices</b> (6-6:30am) (12-12:30pm) (8-8:45pm) <a href="#">Click to Register</a></p>	<p><b>4</b> <b>Breath/Body/Mind Practices Spanish</b> (8pm) <a href="#">Click to Register</a></p>	<p><b>5</b> <b>Taking Care of Mind and Body</b> (11-11:30am) Marilyn McKee, PH.D. <a href="#">Click to Join</a></p>	<p><b>6</b> <b>Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC <a href="#">Click to Join</a></p>
<p><b>9</b> <b>Monday Meditation</b> (12-12:15pm) Marilyn McKee, PH.D. <a href="#">Click to Join</a></p> <p><b>Mindful Monday</b> (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW <a href="#">Click to Join</a></p>	<p><b>10</b> <b>Breath/Body/Mind Practices</b> (6-6:30am) (12-12:30pm) (8-8:45pm) <a href="#">Click to Register</a></p>	<p><b>11</b> <b>Breath/Body/Mind Practices Spanish</b> (8pm) <a href="#">Click to Register</a></p>	<p><b>12</b> <b>Taking Care of Mind and Body</b> (11-11:30am) Marilyn McKee, PH.D. <a href="#">Click to Join</a></p>	<p><b>13</b> <b>Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC <a href="#">Click to Join</a></p>
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<p><b>23</b> <b>Monday Meditation</b> (12-12:15pm) Marilyn McKee, PH.D. <a href="#">Click to Join</a></p>	<p><b>24</b> <b>No Class</b></p>	<p><b>25</b>  <b>No Class</b></p>	<p><b>26</b> <b>No Class</b></p>	<p><b>27</b> <b>No Class</b></p>
<p><b>30</b> <b>Monday Meditation</b> (12-12:15pm) Danielle Johnson, LMHC <a href="#">Click to Join</a></p> <p><b>Mindful Monday</b> (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW <a href="#">Click to Join</a></p>	<p><b>31</b> <b>Breath/Body/Mind Practices</b> (6-6:30am) (12-12:30pm) (8-8:45pm) <a href="#">Click to Register</a></p>			



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