





March 2024

			Friday
			1 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join
Monday	Tuesday	Thursday	
4 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	5 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm) Click to Register	7 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. Click to Join 	8 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join
11 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	12 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm) Click to Register	14 Taking Care of Mind and Body (11-11:30pm) Kate Provencher, MA, LMHC Click to Join	15 Tending to Self (12-12:30pm) Marilyn McKee, PH.D. Click to Join
18 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Click to Join	19 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm) Click to Register 	21 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. Click to Join	22 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join
25 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Click to Join	26 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm) Click to Register	28 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. Click to Join	29 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join