





# October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>7</b></p> <p><b>Monday Meditation</b> (12-12:15pm) Danielle Johnson, LMHC</p> <p><b>Mindful Monday</b> (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW</p>	<p><b>8</b></p> <p><b>Breath/Body/Mind Practices</b> (6-6:30am) (12-12:30pm) (8-8:45pm)</p>	<p><b>9</b></p> <p><b>Breath/Body/Mind Practices Spanish</b> (8pm)</p>	<p><b>10</b></p> <p><b>Taking Care of Mind and Body</b> (11-11:30am) Marilyn McKee, PH.D.</p>	<p><b>11</b></p> <p><b>Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC</p>
<p><b>14</b></p> <p><b>Monday Meditation</b> (12-12:15pm) Danielle Johnson, LMHC</p>	<p><b>15</b></p> <p><b>Breath/Body/Mind Practices</b> (6-6:30am) (12-12:30pm) (8-8:45pm)</p>	<p><b>16</b></p> <p><b>Breath/Body/Mind Practices Spanish</b> (8pm)</p>	<p><b>17</b></p> <p><b>Taking Care of Mind and Body</b> (11-11:30am) Marilyn McKee, PH.D.</p>	<p><b>18</b></p> <p><b>Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC</p>
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				<p><b>Wednesday (Spanish)</b></p> 

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