



September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Holiday</p>	<p>3</p> <p>Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm) Click to Register</p>	<p>4</p> <p>Breath/Body/Mind Practices Spanish (8pm) Click to Register</p>	<p>5</p> <p>Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. Click to Join</p>	<p>6</p> <p>Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join</p>
<p>9</p> <p>Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Click to Join</p> <p>Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW Click to Join</p>	<p>10</p> <p>Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm) Click to Register</p>	<p>11</p> <p>Breath/Body/Mind Practices Spanish (8pm) Click to Register</p>	<p>12</p> <p>Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. Click to Join</p>	<p>13</p> <p>Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join</p>
<p>16</p> <p>Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Click to Join</p>	<p>17</p> <p>Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm) Click to Register</p>	<p>18</p> <p>Breath/Body/Mind Practices Spanish (8pm) Click to Register</p>	<p>19</p> <p>Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. Click to Join</p>	<p>20</p> <p>Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join</p>
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