



# OMH Wellness Groups


<https://meetny.webex.com/meet/Sara.Wollner>

Phone In: 1-518-549-0500

Access Code: 161-377-5911

For questions or feedback, please email:  
[omh.wellnessgroups@omh.ny.gov](mailto:omh.wellnessgroups@omh.ny.gov)

## June 2024

Monday	Tuesday	Thursday	Friday
<p><b>3</b></p> <p><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>4</b></p> <p><b>Breath/Body/Mind Practices</b> (6-6:30am) (12-12:30pm) (8-8:45pm) <a href="#">Click to Register</a></p>	<p><b>6</b></p> <p><b>Taking Care of Mind and Body</b> (11-11:30pm) Marilyn McKee, PH.D. <a href="#">Click to Join</a></p>	<p><b>7</b></p> <p><b>Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC <a href="#">Click to Join</a></p>
<p><b>10</b></p> <p><b>Monday Meditation</b> (12-12:15pm) Kate Provencher, MA, LMHC <a href="#">Click to Join</a></p>	<p><b>11</b></p> <p><b>Breath/Body/Mind Practices</b> (6-6:30am) (12-12:30pm) (8-8:45pm) <a href="#">Click to Register</a></p> 	<p><b>13</b></p> <p><b>Taking Care of Mind and Body</b> (11-11:30pm) Marilyn McKee, PH.D. <a href="#">Click to Join</a></p>	<p><b>14</b></p> <p><b>Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC <a href="#">Click to Join</a></p>
<p><b>17</b></p> <p><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>18</b></p> <p><b>Breath/Body/Mind Practices</b> (6-6:30am) (12-12:30pm) (8-8:45pm) <a href="#">Click to Register</a></p>	<p><b>20</b></p> <p><b>Taking Care of Mind and Body</b> (11-11:30am) Marilyn McKee, PH.D. <a href="#">Click to Join</a></p>	<p><b>21</b></p> <p><b>Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC <a href="#">Click to Join</a></p>
<p><b>24</b></p> <p><b>Monday Meditation</b> (12-12:15pm) Danielle Johnson, LMHC <a href="#">Click to Join</a></p>	<p><b>25</b></p> <p><b>Breath/Body/Mind Practices</b> (6-6:30am) (12-12:30pm) (8-8:45pm) <a href="#">Click to Register</a></p>	<p><b>27</b></p> <p><b>Taking Care of Mind and Body</b> (11-11:30pm) Marilyn McKee, PH.D. <a href="#">Click to Join</a></p>	<p><b>28</b></p> <p><b>Tending to Self</b> (12-12:30pm) Danielle Johnson, LMHC <a href="#">Click to Join</a></p>