




# July 2024

Monday	Tuesday	Thursday	Friday
<b>1</b> <b>Monday Meditation</b> (12-12:15pm) Danielle Johnson, LMHC <a href="#">Click to Join</a>	<b>2</b> <b>Breath/Body/Mind Practices</b> (6-6:30am) (12-12:30pm) (8-8:45pm) <a href="#">Click to Register</a>	<b>4</b>  <b>Holiday</b>	<b>5</b>
<b>8</b> <b>Monday Meditation</b> (12-12:15pm) Danielle Johnson, LMHC <a href="#">Click to Join</a>  <b>Mindful Monday</b> (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW <a href="#">Click to Join</a>	<b>9</b> <b>Breath/Body/Mind Practices</b> (6-6:30am) (12-12:30pm) (8-8:45pm) <a href="#">Click to Register</a> 	<b>11</b>  <b>Taking Care of Mind and Body</b> (11-11:30am) Marilyn McKee, PH.D. <a href="#">Click to Join</a>	<b>12</b>  <b>Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC <a href="#">Click to Join</a>
<b>15</b> <b>Monday Meditation</b> (12-12:15pm) Danielle Johnson, LMHC <a href="#">Click to Join</a>	<b>16</b> <b>Breath/Body/Mind Practices</b> (6-6:30am) (12-12:30pm) (8-8:45pm) <a href="#">Click to Register</a>	<b>18</b>  <b>Taking Care of Mind and Body</b> (11-11:30am) Marilyn McKee, PH.D. <a href="#">Click to Join</a>	<b>19</b>  <b>Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC <a href="#">Click to Join</a>
<b>22</b> <b>Monday Meditation</b> (12-12:15pm) Kate Provencher, MA, LMHC <a href="#">Click to Join</a>	<b>23</b> <b>Breath/Body/Mind Practices</b> (6-6:30am) (12-12:30pm) (8-8:45pm) <a href="#">Click to Register</a>	<b>25</b>  <b>Taking Care of Mind and Body</b> (11-11:30am) Marilyn McKee, PH.D. <a href="#">Click to Join</a>	<b>26</b>  <b>Tending to Self</b> (12-12:30pm) Kate Provencher, MA, LMHC <a href="#">Click to Join</a>
<b>29</b> <b>Monday Meditation</b> (12-12:15pm) Danielle Johnson, LMHC <a href="#">Click to Join</a>  <b>Mindful Monday</b> (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW <a href="#">Click to Join</a>	<b>30</b> <b>Breath/Body/Mind Practices</b> (6-6:30am) (12-12:30pm) (8-8:45pm) <a href="#">Click to Register</a>		