



November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Click to Join</p>	<p>4 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join</p> <hr/> <p>3-Minute Breathing Space (12:30-1pm) Click to Join Rebecca Owens, DNP, MBA, MSN, RN</p>	<p>5 Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro</p> <hr/> <p>Breath/Body/Mind Practices Spanish (8-8:45pm) Click to Join</p>	<p>6 Taking Care of Mind and Body (11-11:30am) Click to Join Marilyn McKee, PH.D.</p> <hr/> <p>Wellness Break (8-8:15pm) Click to Join Danielle Johnson, LMHC Kate Provencher, MA, LMHC</p>	<p>7</p> <p>Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC</p>
<p>10 Monday Meditation (12-12:15pm) Click to Join Danielle Johnson, LMHC</p> <hr/> <p>Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW Click to Join</p>	<p>11</p> <p>Veterans Day</p>	<p>12 Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro</p> <hr/> <p>Breath/Body/Mind Practices Spanish (8-8:45pm) Click to Join</p>	<p>13 Taking Care of Mind and Body (11-11:30am) Click to Join Marilyn McKee, PH.D.</p> <hr/> <p>Wellness Break (8-8:15pm) Click to Join Danielle Johnson, LMHC Kate Provencher, MA, LMHC</p>	<p>14 Care & Restore (8:30-9 am) Click to Join Rachell Bennett, LMHC</p> <hr/> <p>Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC</p>
<p>17</p> <p>Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Click to Join</p>	<p>18 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join</p> <hr/> <p>3 Minute Breathing Space (12:30-1pm) Click to Join Rebecca Owens, DNP, MBA, MSN, RN</p>	<p>19 Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro</p> <hr/> <p>Breath/Body/Mind Practices Spanish (8-8:45pm) Click to Join</p>	<p>20 Taking Care of Mind and Body (11-11:30am) Click to Join Marilyn McKee, PH.D.</p> <hr/> <p>The Mindful Vibe (2-2:30pm) Click to Join William Cooper, LCSW</p> <hr/> <p>Wellness Break (8-8:15pm) Click to Join Danielle Johnson, LMHC Kate Provencher, MA, LMHC</p>	<p>21</p> <p>Tending to Self (12-12:30pm) Click to Join Kate Provencher, MA, LMHC</p>
<p>24</p> <p>Monday Meditation (12-12:15pm) Click to Join Danielle Johnson, LMHC</p> <hr/> <p>Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW Click to Join</p>	<p>25 Breath/Body/Mind Practices (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join</p> <hr/> <p>3 Minute Breathing Space (12:30-1pm) Click to Join Rebecca Owens, DNP, MBA, MSN, RN</p>	<p>26 Mindfulness Unlimited (1-1:30pm) Click to Join Matt Corsaro</p> <hr/> <p>Breath/Body/Mind Practices Spanish (8-8:45pm) Click to Join</p>	<p>27</p> <p>Thanksgiving</p>	<p>28</p>



November 2025

Please use QR codes to sign on to webinars



All Other Sessions



Tuesday 6 am (English)



Tuesday 12 pm (English)



Tuesday 8 pm (English)



Wednesday 8 pm (Spanish)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Monday Meditation (12-12:15pm) Danielle Johnson, LMHC</p>	<p>4</p> <p>Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)</p> <hr/> <p>3 Minute Breathing Space (12:30-1pm) Rebecca Owens, DNP, MBA, MSN, RN</p>	<p>5</p> <p>Mindfulness Unlimited (1-1:30pm) Matt Corsaro</p> <hr/> <p>Breath/Body/Mind Practices Spanish (8-8:45pm)</p>	<p>6</p> <p>Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D.</p> <hr/> <p>Wellness Break (8-8:15pm) Danielle Johnson, LMHC Kate Provencher, MA, LMHC</p>	<p>7</p> <p>Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC</p>
<p>10</p> <p>Monday Meditation (12-12:15pm) Danielle Johnson, LMHC</p> <hr/> <p>Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW</p>	<p>11</p> <p>Veterans Day</p>	<p>12</p> <p>Mindfulness Unlimited (1-1:30pm) Matt Corsaro</p> <hr/> <p>Breath/Body/Mind Practices Spanish (8-8:45pm)</p>	<p>13</p> <p>Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D.</p> <hr/> <p>Wellness Break (8-8:15pm) Danielle Johnson, LMHC Kate Provencher, MA, LMHC</p>	<p>14</p> <p>Care & Restore (8:30-9 am) Rachell Bennett, LMHC</p> <hr/> <p>Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC</p>
<p>17</p> <p>Monday Meditation (12-12:15pm) Danielle Johnson, LMHC</p>	<p>18</p> <p>Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)</p> <hr/> <p>3 Minute Breathing Space (12:30-1pm) Rebecca Owens, DNP, MBA, MSN, RN</p>	<p>19</p> <p>Mindfulness Unlimited (1-1:30pm) Matt Corsaro</p> <hr/> <p>Breath/Body/Mind Practices Spanish (8-8:45pm)</p>	<p>20</p> <p>Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D.</p> <hr/> <p>The Mindful Vibe (2-2:30pm) William Cooper, LCSW</p> <hr/> <p>Wellness Break (8-8:15pm) Danielle Johnson, LMHC Kate Provencher, MA, LMHC</p>	<p>21</p> <p>Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC</p>
<p>24</p> <p>Monday Meditation (12-12:15pm) Danielle Johnson, LMHC</p> <hr/> <p>Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW</p>	<p>25</p> <p>Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)</p> <hr/> <p>3 Minute Breathing Space (12:30-1pm) Rebecca Owens, DNP, MBA, MSN, RN</p>	<p>26</p> <p>Mindfulness Unlimited (1-1:30pm) Matt Corsaro</p> <hr/> <p>Breath/Body/Mind Practices Spanish (8-8:45pm)</p>	<p>27</p> <p>Thanksgiving</p>	<p>28</p>

