



October 2026

Please use
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to webinars



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Taking Care of Mind and Body (11-11:30 A.M.) Click to Join Marilyn McKee, PH.D. *See Breath-Body-Mind Calendar For Sessions	2 *See Breath-Body-Mind Calendar For Sessions
5 Monday Meditation (12-12:15 P.M.) Click to Join Danielle Johnson, LMHC Mindful Monday (2-2:30 P.M.) Rana Meehan, LMHC, MPA Jordan Orayfig, B.A. Sc Click to Join *See Breath-Body-Mind Calendar For Sessions	6 *See Breath-Body-Mind Calendar For Sessions	7 3-Minute Breathing Space (12:30-1 P.M.) Click to Join Rebecca Owens, DNP, MBA, MSN, RN Mindfulness Unlimited (1-1:30 P.M.) Click to Join Matt Corsaro *See Breath-Body-Mind Calendar For Sessions	8 Taking Care of Mind and Body (11-11:30 A.M.) Click to Join Marilyn McKee, PH.D. Wellness Break (8-8:15 P.M.) Click to Join Danielle Johnson, LMHC *See Breath-Body-Mind Calendar For Sessions	9 *See Breath-Body-Mind Calendar For Sessions
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Office of
Mental Health

OMH Wellness Groups

<https://meetny-gov.webex.com/meet/anika.royal-washington>

Join by Phone:

+1-929-251-9612 United States Toll (New York City)

+1-415-527-5035 United States Toll

Access Code: 2838 175 9152

For questions or feedback, please email:

omh.wellnessgroups@omh.ny.gov

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Breath-Body-Mind Sessions

The Breath-Body-Mind Practice sessions are open to all New Yorkers.



Scan QR code
to visit Breath-Body-Mind
Sessions Page

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
						1 (7-7:30 A.M.) Click to Join (12-12:30 P.M.) Click to Join (7-7:30 P.M.) Click to Join	2 (7-7:30 A.M.) Click to Join (12-12:30 P.M.) Click to Join (6-6:30 P.M.) Click to Join	3 (8-8:45 A.M.) Advanced Click to Join (9-9:30 A.M.) Spanish Click to Join (6-6:30 P.M.) Click to Join	4 (8-8:30 A.M.) Click to Join (9-9:30 A.M.) Click to Join (6-6:30 P.M.) Click to Join				
5 (7-7:30 A.M.) Click to Join (12:30-1 P.M.) Click to Join (6-6:30 P.M.) Click to Join	6 (6-6:30 A.M.) Click to Join (12-12:30 P.M.) Click to Join (8-8:45 P.M.) Click to Join	7 (7-7:30 A.M.) Click to Join (12-12:30 P.M.) Click to Join (8-8:30 P.M.) Spanish Click to Join	8 (7-7:30 A.M.) Click to Join (12-12:30 P.M.) Click to Join (7-7:30 P.M.) Click to Join	9 (7-7:30 A.M.) Click to Join (12-12:30 P.M.) Click to Join (6-6:30 P.M.) Click to Join	10 (8-8:45 A.M.) Advanced Click to Join (9-9:30 A.M.) Spanish Click to Join (6-6:30 P.M.) Click to Join	11 (8-8:30 A.M.) Click to Join (9-9:30 A.M.) Click to Join (6-6:30 P.M.) Click to Join							
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