



June's Wellness Schedule

Summer Wellness

Allow yourself some time to rest, restore, and recover from life's daily hassles with Coastline EAP's live wellness sessions.



To register click on the links below.

Register for as many Zoom sessions as you would like:

Mindful Breathing (30 Min)

[Wed, June 1st @ 12pm EST](#)

Stretch and Breathe (30 Min)

[Wed, June 8th @ 12pm EST](#)

[Wed, June 8th @ 4pm EST](#)

Intro to EAP + Slow Breathing (30 Min)

[Wed, June 15th @ 12pm EST](#)

Stretch and Breathe (30 Min)

[Wed, June 22nd @ 12pm EST](#)

Gratitude Journaling (30 Min)

[Thurs, June 23rd @ 4pm EST](#)

Breath Meditation (30 Min)

[Wed, June 29th @ 12pm EST](#)