



## July's Wellness Schedule



### Summer Wellness

Give yourself permission to let go of stress with Coastline EAP's live Wellness Sessions.

To register, click on the links below.  
Register for as many Zoom sessions as you would like:

**Chair Yoga (30 Min)**

[Wed, July 5th @ 12pm EST](#)

Kelly Ravenscroft LICSW, RYT

**Chair Yoga (30 Min)**

[Wed, July 19th @ 12pm EST](#)

Kelly Ravenscroft LICSW, RYT

**Intro to EAP + Mindful Breathing (30 Min)**

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

Kelly Ravenscroft LICSW, RYT

**Mindful Meditation: Awareness of Pleasant, Unpleasant and Neutral (30 Min)**

[Wed, July 26th @ 12pm EST](#)

Kelly Ravenscroft LICSW, RYT