

Coastline EAP offers live weekly wellness classes to help you boost your emotional health and wellness.

Our classes are evidence-based and designed to help you engage your body's natural relaxation response.

Register for as many classes as you like and attend those that work for your schedule.

All classes will be lead by Stephanie Gove, NBC-HWC, MBSR, MB-BP Instructor.

Mountain Meditation (30 Min)

Wednesday, May 8, 2024

12:00pm – 12:30pm

May is Mental Health Awareness Month, and this guided meditation will support you in connecting to your inner mountain which is the source of both strength and stability. No prior meditation experience is necessary.

Mindful Walking (Seeing/Feeling/Hearing) (30 Min)

Wednesday, May 22, 2024

9:30am – 10:00am

Put on your sneakers, plug in your headphones, and login with the Zoom mobile app or phone dial-in feature. Steph, (Coastline EAP's mindfulness instructor) will guide you in the practice of mindful walking.

We will bust stress by paying attention to the sights, sounds and sensations both inside and around us. No experience is necessary. Rain or shine.

Mindful Movement (30 Min)

Friday, May 31, 2024

12:00pm – 12:30pm

These gentle movements performed while standing and/or seated are designed to help your body release stress while also connecting you to the present moment. No prior experience is necessary. All are welcome!



Can't attend live? Our website, www.coastlineeap.com offers pre-recorded breathing exercises and meditations.

Your login is the name of your company.

Helping employees be their best.

800-445-1195

401-732-9444

www.coastlineeap.com