

NOVEMBER 2024 WELLNESS SCHEDULE

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 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 are lead by Stephanie Gove, NBC-HWC, MBSR, MB-BP Instructor

INTRO TO THE EAP (30 MIN)

Thursday, November 14, 2024
12:00pm – 12:30pm

In this training you will learn about Coastline's services as well as how to connect to the EAP, how to access our website, and how to tell when it might be time to call your EAP.

LOVING KINDNESS MEDITATION (30 MIN)

Friday, November 22, 2024
12:00pm – 12:30pm

This guided meditation supports the cultivation of goodwill and kind awareness. It encourages us to generate this energy of love and direct it first toward ourselves, and then focusing outward toward individuals in our lives. No prior meditation experience is required.

CHAIR YOGA (30 MIN)

Wednesday, November 27, 2024
9:30am – 10:00am

Ready to give your neck and shoulders some care and attention? Join us for some gentle stretches that you can do right at your desk. No special equipment is required but you might want to kick off your shoes!

Can't attend live?
Pre-recorded breathing exercises and meditations are available on our website.



www.coastlineeap.com



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