

JANUARY 2025 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, January 2, 2025
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.

NEW YEAR-FRESH VIEW GUIDED MEDITATION (30 MIN)

**Wednesday, January 8, 2025
12:00pm – 12:30pm**

This guided meditation encourages starting the New Year with openness and curiosity toward whatever arises in life. No prior meditation experience is needed.

CHAIR YOGA (30 MIN)

**Wednesday, January 22, 2025
10:00am – 10:30am**

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!

RESET & REFRESH: MINDFUL MOVEMENT & BREATHING (30 MIN)

**Tuesday, January 28, 2025
9:30am – 10:00am**

Take care of yourself before you take care of others. Join us for a drop-in mindfulness meditation session. Each 30-minute class includes standing mindful movements and a guided meditation practice. No prior experience is necessary.

Can't attend live?

Pre-recorded breathing exercises and meditations are available on our website.



www.coastlineeap.com



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