

FEBRUARY 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.

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

Register for as many classes as you like by clicking on the title of the class below.

MINDFUL MOVEMENT (30 MIN)

Wednesday, February 5, 2025

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!

CHAIR YOGA (30 MIN)

Tuesday, February 11, 2025

12:00pm - 12:30pm

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!

SUPERVISORS' GUIDE TO THE EAP (30 MIN)

Thursday, February 20, 2025

9:30am - 10:00am

In this training you will learn about Coastline's services as well as additional services available for supervisors, managers, and HR such as: onsite grief or trauma support, management consultations and referrals, and how to motivate your employees to contact the EAP.

MOUNTAIN MEDITATION: STABILITY IN ANXIOUS TIMES (30 MIN)

Thursday, February 27, 2025

12:00 PM - 12:30 PM

The mountain symbolizes stability and strength; this guided meditation will assist you in feeling more grounded and at peace.

Can't attend live?

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



coastlineeap.com



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