

# **APRIL 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.**

## **GRATITUDE MEDITATION (30 MIN)**

**Tuesday, April 1, 2025  
10:00am - 10:30am**

This guided meditation is designed to support the cultivation of present moment awareness and appreciation for the good things.

## **MINDFUL WALKING (30 MIN)**

**Thursday, April 10, 2025  
12:00pm - 12:30pm**

Participants join with the Zoom mobile app or phone dial-in feature and are led in a live walking meditation session designed to bust stress. Rain or shine.

## **SUPERVISORS GUIDE TO THE EAP (30 MIN)**

**Tuesday, April 22, 2025  
9:30am - 10:00am**

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

## **CHAIR YOGA (30 MIN)**

**Tuesday, April 29, 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!

Can't attend live?

Pre-recorded breathing exercises and meditations are available on our [website](#).