

# MAY 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.**

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

**Wednesday, May 7, 2025**  
**12:00pm - 12:30pm**

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

## **INTRO TO THE EAP (30 MIN)**

**Thursday, May 22, 2025**  
**9:30am - 10:00am**

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.

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

**Tuesday, May 27, 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.

