



JULY 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 MEDITATION(30 MIN)

Wednesday, July 9, 2025

12:00pm -12:30pm

Participants will be led in a live guided mindfulness meditation session designed to foster present moment awareness and emotional regulation. No prior meditation experience is required.

INTRO TO THE EAP (30 MIN)

Tuesday, July 15, 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.

RESET & REFRESH: MINDFUL MOVEMENT & BREATHING

Thursday, July 24, 2025

10:00 am – 10:30am

Each session includes standing mindful movements paired with a guided meditation practice. Offering a refreshing pause for both body and mind. No prior experience is required.

CHAIR YOGA (30 MIN)

Tuesday, July 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!

