

# NOVEMBER 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.**

## **INTRO TO THE EAP + SEASONAL AFFECTIVE DISORDER (30 MIN)**

**Monday, November 3, 2025**  
**12:00pm - 12:30pm**

In this training you will learn about Coastline's services, the difference between 'winter blues' and seasonal affective disorder, and provides simple strategies that can help you navigate the shorter hours of daylight.

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

**Thursday, November 13, 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!

## **MINDFUL MOVEMENT (30 MIN)**

**Tuesday, November 25, 2025**  
**12:00 pm - 12:30pm**

Join us for a drop-in mindfulness session. Each 30-minute Zoom session includes sitting and standing mindful movements. No prior experience is necessary.

**Can't attend live?**

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