



March 2026 Wellness Schedule

Coastline EAP offers live weekly wellness classes to help you boost your emotional health and wellness. Our evidence-based classes are designed to help engage your body's natural relaxation response.

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

Chair Yoga (30 min)

Monday, March 2, 2026

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!

Intro to the EAP (30 min)

Wednesday, March 11, 2026

1:00pm - 1:30pm

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)

Wednesday, March 25, 2026

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!