

APRIL 2026 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.

SUPERVISORS GUIDE TO THE EAP (30 MIN)

Tuesday, April 7, 2026

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.

GRATITUDE MEDITATION (30 MIN)

Wednesday, April 15, 2026

12:00pm -12:30pm

Take some time to let go of your worries and concerns and turn your attention to what is working in your life. This guided meditation is designed to support the cultivation of present moment awareness and appreciation for the good things.

RESET & REFRESH:

MINDFUL MOVEMENT & BREATHING (30 MIN)

Thursday, April 23, 2026

1:00pm -1:30pm

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, April 28, 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!

Can't attend live?

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