

# MAY 2026 WELLNESS SCHEDULE

C3 Wellbeing 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)**

**Tuesday, May 5, 2026**  
**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 21, 2026**  
**9:30am - 10:00am**

In this training you will learn about C3 Wellbeing'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.

## **MINDFULNESS MEDITATION (30 MIN)**

**Monday, May 25, 2026**  
**12:00pm - 12:30pm**

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

Can't attend live?  
Pre-recorded breathing exercises and meditations are available on our website.



800-445-1195 | 401-732-9444