

JUNE 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.

CHAIR YOGA (30 MIN)

Wednesday, June 17, 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!

SUPERVISORS' GUIDE TO THE EAP (30 MIN)

Thursday, June 25, 2026

9:30am -10:00am

In this training you will learn about C3 Wellbeing's services as well as additional services available for supervisors, managers, and HR such as: onsite grief or trauma support, management consultations and referrals, and how to motivate your employees to contact the EAP.

LOVE & ACCEPTANCE MEDITATION (30 MIN)

Monday, June 29, 2026

12:00pm – 12:30pm

Engage in this guided meditation to nurture compassionate awareness towards the individuals, environments, and situations that challenge your capacity to experience or express love and acceptance.

Can't attend live?

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

