

OCTOBER 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, Certified Mindfulness Instructor.

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

RESET & REFRESH: A MINDFUL BREAK (30 MIN)

Wednesday, October 7, 2026

12:00pm – 12:30pm

This 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.

SUPERVISORS' GUIDE TO THE EAP (30 MIN)

Thursday, October 15, 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.

DEEP RELAXATION MEDITATION (30 MIN)

Friday, October 23, 2026

1:00pm – 1:30pm

This is your chance to experience a power nap right in the middle of your workday! You will be led in a live guided meditation to help the mind & body rest and relax.

- Join at home or in the office; (just choose a quiet space)
- Grab a comfy seat, pillow, blanket and anything else that supports a sense of ease.

CHAIR YOGA (30 MIN)

Tuesday, October 27, 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.



800-445-1195 | 401-732-9444

