NOVEMBER 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.

INTRO TO THE EAP (30 MIN)

Tuesday, November 3, 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.

CHAIR YOGA (30 MIN)

Tuesday,November 10, 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!

MINDFUL MOVEMENT & BREATHING (30 MIN)

Friday, November 20, 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.

GRATITUDE MEDITATION (30 MIN)

Wednesday, November 25, 2026
12:00pm – 12:30pm
Support your wellbeing by letting go of your worries and concerns and turning 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. 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

C3Wellbeing®