

# February Wellness Schedule

Helping employees be their best.

1-800-445-1195 | 401-732-9444 | [www.coastlineeap.com](http://www.coastlineeap.com)

Coastline EAP offers live weekly wellness sessions to help you boost your emotional health and wellness. Our classes are evidence-based and designed to help you engage your body's natural relaxation response.

Register for as many sessions as you like and attend the classes that work for your schedule.

**All sessions will be lead by Stephanie Gove, NBC-HWC, MBSR, MB-BP Instructor.**

Can't attend live?  
We have pre-recorded wellness sessions on our website, [www.coastlineeap.com](http://www.coastlineeap.com).  
Your login is the name of your company.

## **Intro to EAP (30 Min)**

**Wednesday, February 7, 2024**

**12:00pm – 12:30pm**

In this training you will learn about Coastline'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.

## **Valentine's Day Meditation (30 Min)**

**Wednesday, February 14, 2024**

**12:00pm – 12:30pm**

Join us this Valentine's Day for a meditation designed to support with opening and disarming your heart so you can clear the way for greater peace and ease in daily life.

## **Mindful Movement (30 Min)**

**Thursday, February 22, 2024**

**9:30am – 10:00am**

These gentle movements performed while standing and/or seated are designed to help your body release stress while also connecting you to the present moment. No prior experience is necessary.

All are welcome!

## **Chair Yoga (30 Min)**

**Thursday, February 29, 2024**

**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!

