



February's Wellness Schedule

Looking to Boost
Positive Emotions?

Join Coastline EAP for a series of webinars and classes that can help you to ease stress and increase your emotional well-being.



To register click on the links below.
Register for as many Zoom sessions as you would like:

Stretch and Breathe (30 Min)

[Wed, February 2nd @ 12pm EST](#)

Gratitude Meditation (30 Min)

[Wed, February 9th @ 12pm EST](#)

Savoring the Good In your Life (45 min)

[Mon, February 14th @ 12pm EST](#)

Stretch and Breathe (30 Min)

[Wed, February 16th @ 12pm EST](#)

Loving Kindness Meditation (30 Min)

[Wed, February 23rd @ 12pm EST](#)

**Art Journaling, A Beginner's Guide
(60 minutes)**

[Mon, February 28th @ 12pm EST](#)

Call us for confidential support and personalized referrals
1-800-445-1195 / 401-732-9444