



March's Wellness Schedule



It's Been Two Years...

Since Coastline EAP started offering Live Weekly Wellness Sessions.

Over 3,400 people have attended 216 sessions.

We thank you for your participation and hope it has brought you some relief during this pandemic.

We hope you will continue to join us for a little bit of selfcare and stress reduction.

To register click on the links below.

Register for as many Zoom sessions as you would like:

Self-Compassion & Gratitude Practices

(30 Min)

[Tues, March 1st @ 12pm EST](#)

Chair Yoga to Ease Stress (30 Min)

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

Breath Meditation and Reflective Journaling

(30 Min)

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

EAP Refresher + Slow Breathing (30 Min)

[Thurs, March 10th @ 11am EST](#)

Chair Yoga to Ease Stress (30 Min)

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

[Wed, March 16th @ 4pm EST](#)

Mindful Self-Compassion Meditation and

Reflective Journaling (30 Min)

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

Chair Yoga to Ease Stress (30 Min)

[Wed, March 30th @12pm EST](#)

Travel Journaling (30 Min)

[Thurs, March 31st @ 4pm EST](#)

Confidential Support and Personalized Referrals

1-800-445-1195 / 401-732-9444