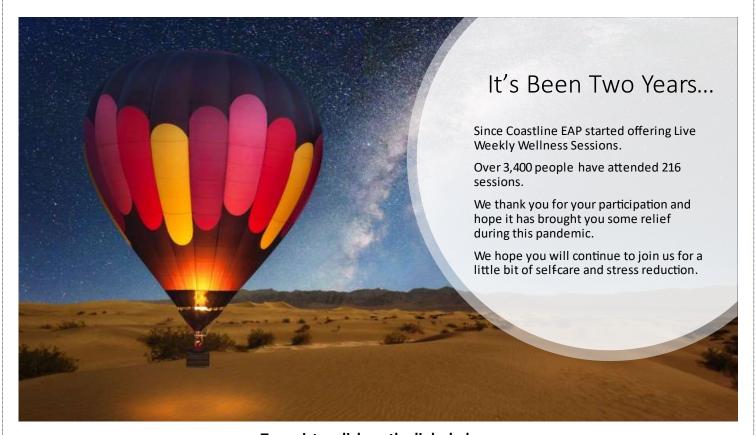


March's Wellness Schedule



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