



March's Wellness Schedule



National Sleep Awareness Month

If you'd like to learn how to get a better night's sleep, or wellness practices that help you to rest, restore and recover then join Coastline for one of our wellness sessions.

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

Chair Yoga (30 Min)

Kelly Ravenscroft LICSW, RYT

[Wed, Mar 1st @ 12pm EST](#)

Intro to EAP + Slow Breathing (30 Min)

Kelly Ravenscroft LICSW, RYT

[Wed, Mar 8th @ 9am EST](#)

How To Get a Better Night's Sleep (45 Min)

Kelly Ravenscroft LICSW, RYT

[Wed, Mar 8th @ 12pm EST](#)

Guided Imagery and PMR for Better Sleep (30 Min)

Kelly Ravenscroft LICSW, RYT

[Wed, Mar 15th @ 12pm EST](#)

How To Get a Better Night's Sleep (45 Min)

Kelly Ravenscroft LICSW, RYT

[Wed, Mar 22nd @ 12pm EST](#)

Journaling Practices for a Better Night's Sleep (30 Min)

Paula Hamilton LICSW

[Mon, Mar 27th @ 12pm EST](#)

Chair Yoga (30 Min)

Kelly Ravenscroft LICSW, RYT

[Wed, Mar 29th @ 12pm EST](#)