

GET MOVING!



FREE Community Fitness

Instructor: Dr. Janice Sullivan

Relaxed and Fun | Reduce Stress | Improve Balance

All fitness levels welcome! Can be done standing or sitting!

Qi Gong gets you moving, breathing, strengthening and relaxing! Movements are slow and gentle. The slow pace allows you to focus and enjoy each movement. The class is about 45 minutes of movement with a tranquil relaxation to finish the session.

Leave class feeling energized and with less stress. *Dress comfortably. Chairs provided.*



CPD COMMUNITY
ENGAGEMENT

CPD Community Center – Central Campus

8060 Spencer Hwy., Pasadena 77505

Room: C-1.108 (Building #1, Room 108)

FREE!! Call or email to reserve your seat!

281.478.2786 | CommunityEducation@sjcd.edu

www.sanjac.edu

The San Jacinto College District is committed to equal opportunity for all students, employees, and applicants without regard to race, creed, color, national origin, citizenship status, age, disability, pregnancy, religion, gender, sexual orientation, gender expression or identity, genetic information, marital status or veteran status in accordance with applicable federal and state laws. The following College official has been designated to handle inquiries regarding the College's non-discrimination policies: Vice President of Human Resources, 4620 Fairmont Pkwy., Pasadena, TX 77504; 281-991-2659; Sandra.Ramirez@sjcd.edu.