



## **Meditative Movement Sessions**

Join the Office of Employee Assistance for monthly Meditative Movement Sessions featuring Qigong, a gentle practice that blends breath, movement, and meditation.

Participating offers a range of benefits:

- Reduce Stress & Boost Energy
- Enhance Focus & Physical Health
- Foster Connection

**Next Session: Tuesday, June 24 at 12 p.m.  
Green Library, Room 220  
Modesto A. Maidique Campus**

**All fitness levels are welcome!**

**[Register](#)**