



# Qigong for Your Health & Well-being

The Office of Employee Assistance (OEA) is excited to bring back biweekly Qigong classes during the Fall semester!

The perks of joining include:

- Reduce stress, increase vitality, and improve focus
- Enhance flexibility and relieve tension
- Connect with colleagues through a shared wellness experience

Biweekly sessions begin on Tuesday, September 9, at 12 p.m. at the Modesto A. Maidique Campus (MMC), Green Library, room 220.

**[Register](#)**

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