



Stretch & Destress: Yoga Session



Mats provided, dress comfortably!

Tuesday, May 6

1pm - 2pm

Communications 109

Join us for Stretch & De-Stress: A Yoga Self-Care Session in honor of Foster Care Awareness Month. With finals approaching, this is the perfect opportunity to relax, recharge, and release stress through yoga and mindfulness. Come together as a community to connect and rejuvenate!

RSVP Here!

tinyurl.com/FYSSECC



* **Actively enrolled Guardian Scholars/NextUp students will receive a service card for attending.**

ECC STATEMENT:

The El Camino Community College District is committed to providing an educational and employment environment in which no person is subjected to discrimination on the basis of actual or perceived race, color, ancestry, national origin, religion, creed, age (over 40), disability (mental or physical), sex, gender (including pregnancy and childbirth), sexual orientation, gender identity, gender expression, medical condition, genetic information, marital status, military and veteran status, or retaliation; or on any other basis as required by state and federal law.

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