



Feeling a little stressed? Got a few minutes?

Please join Student Health & Counseling for
Drop-in Chair Yoga and Meditation session on Mondays.

CHAIR YOGA

March 27 | April 3, 10, 17, 24 | May 1
12:30-1:00 PM • SSV 236 Conference Room

Special opportunity drawing! Winner must be present.
Come as you are, no special attire required.



ANTELOPE VALLEY COLLEGE • 3041 WEST AVE. K, LANCASTER, CA 93536 • (661) 722-6300 • www.avc.edu

Upon request five business days before the event, reasonable accommodation will be provided to facilitate the participation of covered individuals with disabilities. Call (661) 722-6360 (voice/relay).



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