

JOIN

EXERCISE IS MEDICINE ON CAMPUS at the TPSS CAMPUS

RELAX and RECHARGE

FREE CLASS

Students, Faculty and Staff are all Welcome!



What should you expect?

Breathing Exercises, Body Weight Exercises, Standing **Exercises**

No special clothing or equipment required!

Come in straight from class or from the office and recharge!

12:30-12:45 PM in HC 227

Tuesday, November 26

Tuesday, December 3

Tuesday, December 10

For more information or disability support, contact

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**Exercise
is Medicine[®]**
On Campus
Montgomery College

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