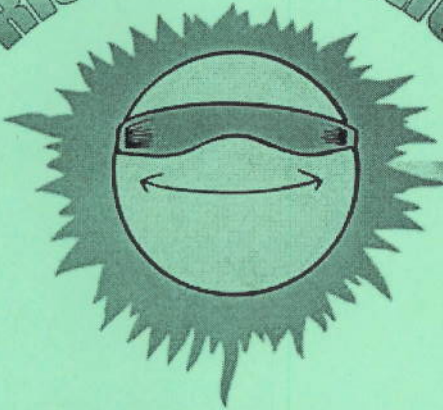


Rise and Shine



Wellness is Good!

JEFFERSON COLLEGE  
of HEALTH SCIENCES  
STUDENT AFFAIRS

**YOGA: Open Class**

**Presented by:  
John Kortmulder, JCHS Student**

**Starting Wednesday, September 8<sup>th</sup>  
And following each Wednesday  
12:00 – 1:00 pm  
CRCH 1021**

John is a certified yoga instructor who has taught weekly classes for the past 7 years, emphasizing breath control and awareness, for stretching, strengthening and relaxing. Beginners are encouraged; so come have fun and wear comfortable clothes.

Please contact **Mr. John Kortmulder**  
([jkortmulder10@onejeff.jchs.edu](mailto:jkortmulder10@onejeff.jchs.edu))

or

**Dr. Stacey Lilley** for more information  
([scililey@jchs.edu](mailto:scililey@jchs.edu) or at 985.8502)