



HI EVERYONE!!

STAY ACTIVE! STAY MOBILE! STAY FIT!

THE WESTERN CAMPUS ATHLETICS AND RECREATION WEBSITE HAVE THE TOOLS NEEDED FOR AT HOME MOBILITY FLEXIBILITY AND STRESS RELIEF.

FOLLOW THE LINK FOR ON-THE-SPOT EFFECTIVE SESSIONS AND TIPS

<https://www.tri-c.edu/community/community-recreation/west-campus-recreation.html>

Contact ROSEANNE KUNCEL roseanne.kuncel@tri-c.edu if needed, for more information.