

 **RELAX. RECHARGE. RECONNECT** 

**September 25, 2025**

**9:00 am - 12:00 pm**



**SAN DIEGO CITY COLLEGE  
BUILDING R/LIBRARY \* R-109**

A MORNING OF MINDFULNESS, CONNECTION & WELLNESS. FREE  
IN-PERSON GATHERING OPEN TO ALL WOMXN-IDENTIFIED  
FACULTY AND STAFF ACROSS CALIFORNIA COMMUNITY COLLEGE  
DISTRICTS.

**SPECIAL GUEST AUTHOR**

**LATANIA MICHELLE SMITH OF THE BOOK "STILL CHOSEN"**

**BOOK SIGNING & MEET AND GREET**

**ENJOY GROUNDING YOGA AND MEDITATION BY CALIFORNIA SCHOOLS VEBA.**

**FIRST 25 WOMXN TO RSVP WILL RECEIVE A FREE GIFT!**

**BRING A MAT, ENERGY AND A SMILE 😊**

**RSVP REQUIRED - SPACE IS LIMITED!**



Presented by SDC-AAWCC and San Diego City College in collaboration  
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