



FOR EVERY
STUDENT
FOR EVERY
COMMUNITY



There's
a place
for you.



Triton College

For immediate release: **Oct. 18, 2023**

Relax with Qigong at Triton College

RIVER GROVE – Quiet and relax your mind with qigong, a light Chinese exercise, on Wednesdays at 4 p.m., in the Library, Room A-206 (A Building).

Qigong, which was developed in China thousands of years ago, is a type of exercise that boosts energy within the body, mind and spirit. The goal of Qigong is to maintain health and well-being. This type of exercise is great for anybody that enjoys yoga or tai chi chaun!

For more information, contact dubravrakajuraga@triton.edu or (708) 456-0300, 3215.

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ABOUT TRITON COLLEGE

Triton College is a two-year college dedicated to helping members of the 25 Western Cook County communities in our district and beyond to achieve educational, professional and personal success. Located in River Grove, Ill., Triton offers more than 120 degree and certificate programs on its 110-acre campus, featuring a comfortable, friendly and diverse atmosphere. Triton also holds classes at satellite locations and offers online learning opportunities. Triton's dedicated faculty and staff work to provide high quality, convenient and affordable educational opportunities to more than 14,000 students each year. Triton College is accredited by the Higher Learning Commission. Learn more at <http://www.triton.edu/>.