

## EOC July 2024 Newsletter

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Feel free to contact us !!!

Office - 704-536-9007 /Cell - 704-408-0315

Ask for Kara or DJ !!!

[Kfreeman@academicinstitute.net](mailto:Kfreeman@academicinstitute.net)

[Djustice@academicinstitute.net](mailto:Djustice@academicinstitute.net)

### Message from EOC

Summer is here, we will be sending emails and texts to everyone about upcoming work shops and events. If you have changed any contact information in the past few months please reach out so we can get your ideas.

We are committed to providing you with the best resources to help you achieve success in school. As always, we are only a call or email away if you need any help!

### *Inside This Issue*

- W.O.W Workshops !
- Quote of the Month
- Important Dates Coming Up!
- pending



# Don't Miss out on W.O.W ! (Workshops on Wednesday)

## IMPORTANT DATES

- July 1st - EOC office closed
- July 4th - No classes / CPCC closed
- July 8th - EOC office re-opens
- July 10th- W.O.W Wednesday (workshop)
- July 16th - Last day of summer session

## ACADEMIC INSTITUTE OF CENTRAL CAROLINA (AICC)



EDUCATIONAL OPPORTUNITY CENTER (EOC)

### W.O.W. WORKSHOP SCHEDULES AND TOPICS:

#### You Will Learn:

- **3/20:** Financial Aid Literacy
- **4/3:** Enhancing Study Skills
- **5/1:** Stress Management
- **6/5:** College/Trade Skills Exploration
- **7/10:** Graduation Requirements



Monthly



from 1pm until 3 PM



Starting on March 20th

FREE EVENT

704.408.0315

[www.academicinstitute.education](http://www.academicinstitute.education)

Let us know what other topics you would like discussed at our workshop events!

Must be a member of the GED or ESL Programs to participate  
Federally Funded Program

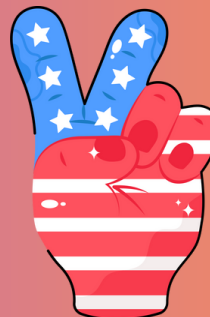


## Quote of the Month

"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending."

Carl Bard

Happy  
**INDEPENDENCE**  
Day!



# Summer Stretches to keep the body healthy

## STRETCHING

### OLDER ADULTS



**⚠️ Consult a physician before starting any stretching regime. This chart is for informational purposes only.**



**GLUTES & LOW BACK**



**GLUTES & ADDUCTORS**



**BACK & HAMSTRINGS**



**ADDUCTORS**



**QUADRICEPS**



**CALVES**



**NECK**



**SHOULDERS & UPPER BACK**



**SHOULDERS & CHEST**



**FULL BODY**

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

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Central Piedmont Community college office

hours

Monday - Thursday

10am - 3:30pm

