

# Connect, Move, Recharge



In addition to outstanding courses, workshops, and Peer Community sessions, ProCon 2025 includes **Connect, Move and Recharge**, opportunities to be inspired, spark new connections with others, energize your body, and recharge your spirit.

Using meditation, physical activities, creative play, and other imaginative encounters, participants will have ample time and space to move, learn, relax, and refresh! A wide array of innovative choices will ensure something for everyone.

*Details about the offerings will be added to this page as they are available and JCC professionals will be notified.*

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