

Connect, Move, Recharge Breaks



Connect. Mind. Body. Spirit. At ProCon 2025, you'll have time to reflect, play, and move—with others and for yourself.

Whether it's yoga, creative play, or a quiet moment of meditation, this space is yours. Take a break. Breathe deep. Recharge. And connect with others while you do it.

The ProCon 2025 team is currently planning these awesome activities. If you have suggestions or would like to offer an activity, please email procon@jcca.org.

QUESTIONS?

Check out the [FAQ](#). Still have questions?
Email procon@jcca.org and we'll get back to you soon.

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