

MINDFUL WARRIOR PROJECT



~ Overwhelmed by stress?

~ Frustrated by knee-jerk reactions with unfortunate consequences?

~ Longing for a peaceful, uninterrupted, refreshing night's sleep?



MWP offers free guidance in tools that empower you to address these issues simply and effectively.

MONTHLY EVENTS

1ST FRIDAY - 10:00 - 11:30AM
SEPULVEDA VET CENTER
9737 HASKELL AVE, NORTH HILLS 91343

2ND MONDAY - 7:00 - 9:00PM *
EAST PASADENA AMERICAN LEGION POST #280
179 N. VINEDO AVE, PASADENA 91107

3RD WEDNESDAY - 10:30 - NOON
EAST LA VET CENTER
5430 E. OLYMPIC BLVD, COMMERCE 90022

3RD WEDNESDAY - 5:30 - 7:30PM *
BOB HOPE PATRIOTIC HALL
1816 S. FIGUEROA ST, LA 90015

4TH MONDAY - 6:00 - 8:00PM *
WEST PASADENA AMERICAN LEGION POST #13
131 N. MARENGO AVE, PASADENA 91101

LAST SUNDAY - 4:00 - 6:00PM *
BRENTWOOD PRESBYTERIAN CHURCH
EDUCATION BLDG
12000 SAN VICENTE BLVD, LA 90049

* INCLUDES TIME FOR REFRESHMENTS & CAMARADERIE

BE FREE

BE WELL

BE WHOLE



contact MWP

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all conversations ~ calls & workshops ~ completely confidential

to learn more or to donate, please visit
www.MindfulWarriorProject.org

MWP is a 501(c)(3) project of Community Partners
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