

MINDFUL WARRIOR P R O J E C T



- ~ Overwhelmed by stress?
- ~ Frustrated by knee-jerk reactions with unfortunate consequences?
- ~ Longing for a peaceful, uninterrupted, refreshing night's sleep?



Come learn about some tools that empower you to address these issues simply and effectively.

**TUESDAY
JANUARY 22ND**

2:30 - 3:30PM

SPECIAL EVENT
in the dining area

introduction to & sample of the work of the Mindful Warrior Project

~ includes killer refreshments as part of the workshop ~

come give this a try!

BE FREE

BE WELL

BE WHOLE



contact MWP
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818.616.2931
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
Donations are Tax Deductible

