

MINDFUL WARRIOR P R O J E C T



all adult residents of Blue Butterfly Village are invited to join us for a free
“Recover from the Holidays”
MINDFULNESS WORKSHOP

Saturday, January 5th
1:00 - 4:00 PM

Community Room - Unit 7

yummy refreshments
and
separate activities for children
are both provided
for your full enjoyment

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

Give this workshop a try!

for more information contact Jillianne at jboyd@voala.org OR
Gail at gail@mindfulwarriorproject.org

