

MINDFUL WARRIOR PROJECT



BEYOND
THE
BATTLEFIELD

**Serving
Women
Veterans**

RETREAT

"CAPTURING YOUR POWER WITHIN"

SATURDAY, JULY 29, 2017

9:00 am to 5:00 pm

Women Vets—You are invited to share
in a time of restoration and renewal!

Take a break and join us for a day planned just for you!



ALDRSGATE RETREAT CENTER
925 Haverford Ave.
Pacific Palisades, CA 90272

RSVP to holmancdc@holmanumc.com



A HOLMAN UMC / HOLMAN CDC
COLLABORATIVE

www.holmanumc.com/btb — www.holman-cdc.org/forwomenvets



The Mindful Warrior Project has participated in and been on the Steering Committee for the quarterly Women Veterans Empowerment Groups as well as for this retreat.

We will be offering workshops at this retreat and encourage women veterans to attend & indulge in a full day of self-care, nurturing, and renewal.

Availability is limited so RSVP soon to reserve your place at this important "time out for me" that you so well deserve.