

MINDFUL VETERAN P R O J E C T



You are invited to join us for a *free* VIRTUAL
Wellness Workshop



“Tapping” for Women Veterans’ Self-Care

Wednesday
March 24th, 2021
1:00 - 2:15^{PM}
(Pacific Time)

to register click
[HERE](#)

or copy/paste this URL into your browser:
[http://events.constantcontact.com/register/event?
llr=ga8vqpfab&oeidk=a07ehn1v39cc7ef85ca](http://events.constantcontact.com/register/event?llr=ga8vqpfab&oeidk=a07ehn1v39cc7ef85ca)



no level of fitness, special clothing,
or prior experience with this “modality”
is required

we’ll be guided through a simple way of
easing anxiety, distress, intense
emotions, and more,
and coming back into a comfortable
balance within ourselves
as we sit in our chairs and
follow along via the zoom screen
for our own experience of
“Tapping” - also known as EFT - or
Emotional Freedom Technique

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