

MINDFUL VETERAN PROJECT



Women Veterans are invited to join us for a *free* VIRTUAL



Mindfulness Workshop

Tuesday
September 29th, 2020

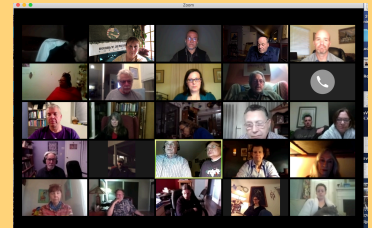
1:00 - 2:00^{PM}
(Pacific Daylight Time)

to register click
[HERE](#)

or copy/paste this URL into your browser

<http://events.r20.constantcontact.com/register/event?llr=ga8vqpfab&oeidk=a07ehba09chbe26e601>

easy, relaxing, empowering, fun
virtual time in great company



we'll be sitting comfortably in chairs - no
props, special clothing, flexibility, experience
needed

you can't fail or be bad at this -
how refreshing!

be prepared to be pleasantly surprised

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