

The Path of the Spiritual Warrior

MINDFUL VETERAN PROJECT



Join us for a *free* VIRTUAL workshop

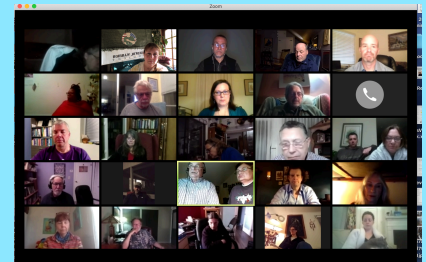
MINDFULNESS FOR WARRIORS

Veterans, Active Duty, Guard, Reserve members,
First Responders, Survivors of Trauma,
their friends & family
are invited to a free Zoom workshop

interactive - live - educational

Learn simple, practical, powerful tools
for use in daily life that empower you to:

- cultivate your inner strengths
- support your own well-being
- participate in your own healing
 - explore new possibilities
 - enjoy enhanced quality of life



Friday

June 26, 2020

10:00am - 12:30pm

(Pacific Daylight Time)



Get Your FREE Ticket to Join us Live

<https://mindfulnessforwarriors.eventbrite.com>

for details/questions please email

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www.mindfulveteranproject.org

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