

# MINDFUL VETERAN P R O J E C T



Join us for one of our Wellness Wednesday sessions presenting varied & interesting ways to support our own wellness

## Essential Oils

Carla, who has been a favorite in our in-person Wellness Areas/Wellness Days, will provide a short history of oils, clarify which oils guarantee purity and potency, and share some possibilities for using oils to support our various body systems.

Wednesday

February 10<sup>th</sup>, 2021

3:00pm - 4:20pm  
(Pacific Time)

Especially during this pandemic and time of unprecedented events, learning about ancient, time-tested methods for supporting our physical/mental/emotional wellbeing is so important.

Allow yourself the time to join us.

[https://us02web.zoom.us/j/83573864944?  
pwd=ZFJvRUJMaGhzbmRzb1QwUEdNQ1ZHQT09](https://us02web.zoom.us/j/83573864944?pwd=ZFJvRUJMaGhzbmRzb1QwUEdNQ1ZHQT09)

meeting ID 835 7386 4944



818.616.2931  
[info@mindfulveteranproject.org](mailto:info@mindfulveteranproject.org)