

MINDFUL VETERAN PROJECT



Join us for a new easy, gentle, effective Wellness Wednesday series

Feldenkrais®
with Jenna

EASING JAW PAIN,
ANXIETY, NECK PAIN,
STRESS, & TEETH GRINDING

Every Wednesday

unless another special workshop is specifically scheduled
- be sure to check our website!

beginning **May 5th, 2021**

3:00pm - 4:15pm

(Pacific Daylight Time)

wonderfully skilled instructor
guides us through
slow, gentle movements done standing,
sitting, & lying on floor
can be done in a wheelchair - very accommodating
no special fitness or flexibility level needed



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

meeting ID 835 7386 4944

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