

# MINDFUL WARRIOR P R O J E C T



Women in the military-connected-population are invited to join the Mindful Warrior Project as our guests at this great exploration of wellness possibilities.

**Saturday,  
January  
26th,  
2019**

from

**12 to 3pm**

in the Greater  
Los Angeles Area

Women's Leadership Series

## **Mother and Daughter Health and Wellness Fair**

*an important look at women's health  
free health screenings including dental, glucose,  
cancer, skin care, mental health and blood pressure  
live wellness demonstrations including yoga and stress  
management*

email [info@mindfulwarriorproject.org](mailto:info@mindfulwarriorproject.org)  
for more details and to RSVP