

MINDFUL VETERAN PROJECT



HAPPY HALLOWEEN

join us on **Saturday, October 24th**, 2020

1:00 - 2:30PM (Pacific Time)

<https://us02web.zoom.us/j/81750766329>

for some seasonal, mindful fun making (pandemic appropriate)

Halloween masks

have ready some plain, non-patterned, light color masks
~ or fabric or t-shirt or cotton pillowcase ~

* we'll decorate up a storm *

with markers, pipe cleaners, stickers, fabric pens
~ whatever you have available ~

let's all get ready to be safe & healthy, mindfully aware,
and ready for whatever Tricks or Treats Halloween has in store for us

email or call for further details

Happy
Halloween



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