

MINDFUL WARRIOR P R O J E C T



MINDFULNESS WORKSHOP

for Imperial County professionals working with military-connected populations



Tuesday, February 6th
9:00 AM - 4:00 PM

CalWORKs
Training Room A
2895 S. 4th Street, El Centro, CA 92243

snacks will be provided
lunch on your own - 12:00pm - 1:00pm

Learn how the Mindful Warrior Project's simple, secular tools of mindfulness empower those in the military-connected population to support their own well-being, participate in healing processes, and move forward with strength and dignity.

for more information and to register, contact ICBHS
bhsctt@co.imperial.ca.us - 760-482-2118

