

MINDFUL WARRIOR PROJECT



FREE “RETREAT” WEEKEND OF MINDFULNESS

for Veterans, Active Duty, Guard, and Reserve members,
their families (bring the kids!), and caregivers/service providers

community members invited to join us Friday evening



*Friday evening,
throughout Saturday,
Sunday morning & afternoon*

**November 3rd, 4th, & 5th
2017**

via a wide range of activities:

- workshops
- film screenings
- meals
- arts & crafts

explore how simple, secular mindfulness tools
empower us:

- to address challenges common in
military-connected populations
- to move forward with dignity & strength
- to participate in our own well-being & healing
- to enjoy a rich, high quality of life



Ricochet Rec Center

450 W. Aten Road
Imperial, CA 92251

- * safe, confidential, environment
- * nothing new-age or spiritual
- * plenty of free parking
- * effective yet fun & literally so easy
that children can do it
- * no intakes, diagnosing, mental health
treatments, or reporting
- * quality time with people who
get it, don't judge, & can genuinely say
“been there - done that - made it here -
give this a try”

**SPACE IS LIMITED
REGISTER NOW!**

for more information & to register, call or email:

ICBHS - Patricia Arevalo-Caro - bhsct@co.imperial.ca.us - 760-482-2118
Veterans Office - Robert Avila - robertoavila@co.imperial.ca.us - 442-265-3200
www.mindfulwarriorproject.org