



**OPERATION  
FAMILY CAREGIVER**



## **Operation Family Caregiver and Mindful Warrior Project**

### **Presents**

A special interactive workshop on  
Effective Mindfulness Practices

**Date/Time:**

Wednesday, June 1<sup>st</sup>  
2016

10:00 a.m. to 12:00 noon

**Location:**

Southern Caregiver  
Resource Center

3675 Ruffin Road, Ste. 230  
San Diego, CA 92123

**Free for military  
and veteran  
caregivers**



**Space is  
limited to 25,  
Register now!**

Register now at <http://bit.ly/EffectiveMindfulness>  
or call 1 (800) 827-1008.