

MINDFUL VETERAN PROJECT



Join the Beale Memorial & Ridgecrest Branch Libraries for a
free VIRTUAL Mindful Resilience workshop

to help highlight the Kern County Library's
support of the military-connected-population
and its Veteran Resource Center

Saturday
July 18th, 2020

10:00 - 11:00AM

(Pacific Daylight Time)

with time for exciting updates/information

<https://us02web.zoom.us/j/83076648726>

Meeting ID: 830 7664 8726

One tap mobile: +16699006833 83076648726#

~ nothing to do with meditation ~

simple, practical tools to use in daily life for:

keeping our wits about us

not defaulting to knee-jerk reactions & face-palming

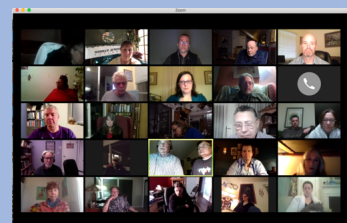
making wise choices

staying vigilant without exhausting hyper-vigilance

not being victims of wild thoughts or emotions

enjoying a simple, rich quality of life

BE FREE - BE WELL - BE WHOLE



California Center for the Book is a program of the [California Library Association](#), supported in whole or in part by the [U.S. Institute of Museum and Library Services](#) under the provisions of the Library Services and Technology Act, administered in California by the [State Librarian](#).
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call or email MVP with any questions -
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