

# MINDFUL WARRIOR PROJECT



*the Mindful  
Warrior Project  
will again be  
showing our  
appreciation for  
Armed Forces  
Retirees via our  
info/resource  
table and our  
Wellness  
Area.*

*come enjoy free,  
short treatments  
of alternative  
healing  
modalities such  
as massage  
acupuncture  
Reiki, our  
therapy dog,  
& more*



## 2019 RETIREE EXPO

### ARMED FORCES RETIREE APPRECIATION DAY

**SATURDAY, 1 JUNE 2019  
8:00 A.M. - 12 P.M.**

**GORDON CONFERENCE CENTER  
BBQ AT NOON**

**LOS ANGELES AIR FORCE BASE  
200 N. DOUGLAS STREET  
EL SEGUNDO, CA 90245**

*We must find time to  
Stop and Thank the people who make a difference in our lives*

*- John F. Kennedy*



**Los Angeles Air Force Base-Retiree Activities Office  
Bldg. 272, rm C1-200**

**(310) 653-5144/5142 | RAO.LAAFB@gmail.com**

No Federal endorsement intended nor implied