

# MINDFUL WARRIOR PROJECT



*the Mindful  
Warrior  
Project will be  
showing our  
appreciation  
for Air Force  
retirees via  
our  
Wellness  
Area.*

*come enjoy  
free, short  
treatments of  
alternative  
healing  
modalities  
such as  
massage  
acupuncture  
Reiki  
and more*

## 2018 RETIREE EXPO

### MILITARY RETIREE APPRECIATION DAY

**SATURDAY, 2 JUNE 2018  
8:00 A.M. - 11:00 A.M.**

**GORDON CONFERENCE CENTER  
BBQ TO FOLLOW**

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

*"Technology Transforming Retirement"*



**Los Angeles Air Force Base-Retiree Activities Office**  
Bldg. 272, rm C1-200 | (310) 653-5144/5142 | rao.laafb@gmail.com

Military I.D. Card required for base access.

No Federal endorsement intended nor implied.