

# MINDFUL WARRIOR PROJECT



# 2016 AMERICA'S PARADE

# VETERANS DAY

Those who have participated  
in the work of  
the Mindful Warrior Project  
are invited to come  
“march” with us  
in the  
Los Angeles  
Veterans Day Parade  
11 am on 11/11



class/group participants,  
practitioners in our Wellness Areas,  
supporters/funders,  
families & kids who do  
Mindful Arts & Crafts with us, etc.  
are welcome

November 11, 2016  
West Los Angeles VA



decorate your bicycles, wagons,  
scooters, and baby strollers  
in red, white & blue  
and help us  
honor our veterans,  
let them know about MWP's services,  
and distribute our  
handmade thank you cards



RSVP & get details via email: [gail@mindfulwarriorproject.org](mailto:gail@mindfulwarriorproject.org)