

# MINDFUL WARRIOR P R O J E C T



- ~ Overwhelmed by stress?
- ~ Frustrated by knee-jerk reactions with unfortunate consequences?
- ~ Longing for a peaceful, uninterrupted, refreshing night's sleep?



MWP offers free guidance in tools that empower you to address these issues simply and effectively.

Tuesday  
**JANUARY 22<sup>ND</sup>**  
in the Chow Hall  
**6:30 - 8:00PM**

## “KICK OFF 2019 RIGHT!”

special event to introduce the confidential workshops MWP has held for VS-21 veterans for years  
~ known for great successes, fun, yummy refreshments, and excursions

**BE FREE**

**BE WELL**

**BE WHOLE**



contact MWP  
[info@MindfulWarriorProject.org](mailto:info@MindfulWarriorProject.org)  
**818.616.2931**  
all conversations ~ calls & workshops ~ completely confidential  
to learn more or to donate, please visit  
[www.MindfulWarriorProject.org](http://www.MindfulWarriorProject.org)

MWP is a 501(c)(3) project of Community Partners  
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