

MINDFUL VETERAN P R O J E C T



Join us on Wellness Wednesday for a *free* VIRTUAL
Sound Healing Workshop

MVP's weekly wellness activity features
the most relaxing and do-nothing-at-all
session thus far

Wednesday
June 24th, 2020

3:00 - 4:00PM
(Pacific Daylight Time)

<https://us02web.zoom.us/j/83424950930>

Meeting ID: 834 2495 0930

One tap mobile: +16699006833,,83424950930#

- ~ just sit or lie down & listen ~
- ~ enjoy soothing, beautiful sound ~
- ~ explore sound healing in the comfort
of your own home ~

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