

# MINDFUL WARRIOR PROJECT



## Veterans

(along with Active Duty, Guard,  
& Reserve members)

## and their families

who are connected with the  
Mindful Warrior Project

are invited as our guests  
to the **Sparks**  
VS  
New York Liberty  
game

**Sunday**  
**June 24th**  
at the  
**Staples Center**

with these special wellness  
activities before the game



register **HERE**

[bit.ly/MWP2Sparks](http://bit.ly/MWP2Sparks)

LOS ANGELES COUNTY DEPARTMENT OF  
**Mental Health**  
hope. recovery. wellbeing.

**SPARKS**

YOGA ON THE COURT  
**SPARK THE CONVERSATION**

In celebration of the Los Angeles Sparks Mental Health Awareness Day, come join us for a yoga and meditation experience!

**Los Angeles Sparks vs. New York Liberty**  
Sunday, June 24th at 2pm  
Staples Center

**\$25 Mental Health Awareness Ticket Includes**

- One Hour Yoga or Meditation Class
- 100 level, lower bowl seat to game
- Spark the Conversation giveaway

**Must Register for Yoga on the Court Participation**

**Yoga On The Court times:**

- 8:30am-9:30am Stop Breathe and Think Meditation
- 9:45am-10:45am Koya Webb Yoga

**8:30-9:30 = meditation**

**9:45-10:45 = yoga**

**11:00-12:30 = panel discussion**

**1:00 = seating for game begins**

**2:00 = game begins**