

# MINDFUL WARRIOR PROJECT



## Women Veterans & their children

are invited  
to join MWP  
at this event in  
Long Beach

We will be providing  
snacks and lots of  
fun activities & games  
for kids ~ on the  
courtyard lawn ~  
so be sure to dress  
for evening  
outdoor playtime



REGISTER [HERE](#)



## WOMEN VETERANS & CHILDREN'S EVENT

### SPARK THE TRUE YOU:

How Diet & Exercise Impact Wellbeing

Together we will explore the relationship between diet, exercise,  
mental health and overall well-being.

#### TOPICS INCLUDE:

- Struggles with food and exercise and how they impact emotions
- Feeding our mind
- Tips and barriers to eating healthy
- How to have a good relationship with food and exercise

**SPECIAL GUEST:** Los Angeles Sparks guard, Sydney Wiese

**TUESDAY, THE 16<sup>TH</sup> OF JULY 2019**  
**5:30 - 8:00 PM**

**U.S. VETS at Century Villages Cabrillo Social Hall**  
2001 River Avenue  
Long Beach, CA 90810

