

# MINDFUL VETERAN PROJECT



Join us for our first virtual exploration of a new gentle, simple wellness modality in our Wellness Wednesday series

as we feature

## Tai Chi and Qigong

with  
Susan Thompson

Wednesday  
March 31<sup>st</sup>, 2021

3:00 - 4:15 PM  
(Pacific Daylight Time)

~ no experience, flexibility, fitness level required  
to enjoy and participate in this  
introductory workshop ~

[https://us02web.zoom.us/j/83573864944?  
pwd=ZFJvRUJMaGhzbmRzb1QwUEdNQ1ZHQ  
To9](https://us02web.zoom.us/j/83573864944?pwd=ZFJvRUJMaGhzbmRzb1QwUEdNQ1ZHQTo9)

Meeting ID: 835 7386 4944  
Passcode: 081709

call or email MVP with any questions -  
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