

MINDFUL VETERAN PROJECT



Veteran families are invited to join us at the
UCLA/VA Veteran Family Wellness Center's

***Virtual* Wellness and Recreation Day Expo** **Saturday, September 19, 2020 8:30 AM - 6:30 PM**



WRITER'S WORKSHOP
FENG SHUI SOUND BATH
HOLISTIC FITNESS FUSION
FAMILY STORY TIME
COOKING CLASS BOXING
MERGING VETS AND
PLAYERS WORKOUT
FAMILY DANCE PARTY
BREATH WORK GUIDED
MEDITATION **MINDFUL**
MUSIC



Learn More and Register at:

<https://www.eventbrite.com/e/uclava-veteran-family-wellness-center-virtual-wellness-day-event-tickets-116779764419>

This event is generously sponsored by the Saint John's Health Center Foundation



818.616.2931
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Mindful Veteran Project's
Family Storytime
segment begins at
12:30PM

VA



U.S. Department
of Veterans Affairs
VA Greater Los Angeles Healthcare System

