

MINDFUL VETERAN PROJECT



Join MVP for a free, virtual “Mindful Moment”

Saturday
MAY 30th
9:00 - 9:20AM
(Pacific Daylight Time)

CLICK HERE
<https://werise.la/>

scroll down through the schedule
to 9am
to click on the
then-active link

ENJOY A SHORT, EASY PRACTICE THAT EVERYONE,
OF ANY AGE, CAN DO



WE RISE is made possible by the Los Angeles County Department of Mental Health with support from the Mental Health Services Act.



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.



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