

MINDFUL WARRIOR PROJECT



- ~ Overwhelmed by stress?
- ~ Frustrated by knee-jerk reactions with unfortunate consequences?
- ~ Longing for a peaceful, uninterrupted, refreshing night's sleep?



Come learn about some tools that empower you to address these issues simply and effectively.

**4TH MONDAY
OF EVERY MONTH**

6:00 - 8:00PM*

**WEST PASADENA
AMERICAN LEGION
POST #13
131 N MARENGO AVE
PASADENA, CA 91101**

**FREE FOR VETERANS, ACTIVE DUTY,
GUARD, & RESERVE, THEIR FAMILY
MEMBERS, & SUPPORT COMMUNITY**

***INCLUDES TIME FOR REFRESHMENTS & CAMARADERIE**

BE FREE

BE WELL

BE WHOLE



contact MWP

info@MindfulWarriorProject.org

818.616.2931

all conversations ~ calls & workshops ~ completely confidential

to learn more or to donate, please visit

www.MindfulWarriorProject.org

MWP is a 501(c)(3) project of Community Partners
Donations are Tax Deductible

