

# MINDFUL VETERAN PROJECT



Women veterans are invited to this **FREE virtual** event

to enjoy a selection of short workshops  
featuring a MVP session  
as part of our ongoing partnership with CalVet  
on

## “Keeping Our Wits About Us During the Holidays”



Saturday  
November 13<sup>th</sup> 2021

10am-12:30pm  
Pacific Time

click link to

**[REGISTER HERE](https://conta.cc/2XSsiUM)**

or type/copy/paste this URL into a browser  
<https://conta.cc/2XSsiUM>

VA | U.S. Department of Veterans Affairs  
Veterans Health Administration  
Northern California Health Care System

**CALVET**

THE WOMEN'S HEALTH PROGRAM VA  
NORTHERN CALIFORNIA HCS PRESENTS

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### HONORING HER VOICE:

*Women Veterans Virtual  
Appreciation Day*

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JOIN CALVET WOMEN VETERANS, WOUNDED WARRIOR PROJECT, AND VA  
NORCAL WOMEN'S HEALTH PROGRAM FOR HONORING HER VOICE:  
WOMEN VETERANS VIRTUAL APPRECIATION DAY. IT WILL BE A FUN DAY  
FILLED WITH PAMPERING, CELEBRATION, AND EMPOWERMENT. GET READY  
TO WIN PRIZES, CONNECT WITH OTHER WOMEN VETERANS, AND EXPLORE  
SELF-CARE, MINDFUL PRACTICES, SKIN CARE, VETERANS RATING AND  
CLAIMS PROCESSES, AND MORE!

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SATURDAY  
13 NOV 2021  
10:00 AM - 12:30 PM  
VIRTUAL CHECK IN TIME: 9:45 AM

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To register for the event, please use the  
following link or QR code to navigate to the  
CalVet event page:  
<https://conta.cc/2XSsiUM>

818.616.2931  
[info@mindfulveteranproject.org](mailto:info@mindfulveteranproject.org)  
[www.mindfulveteranproject.org](http://www.mindfulveteranproject.org)