

MINDFUL VETERAN PROJECT



Join us for *free* VIRTUAL Mindfulness Tools Workshops

~ nothing to do with meditation ~

simple, practical tools to use in daily life for:

keeping our wits about us
not defaulting to knee-jerk reactions & face-palming
making wise choices
staying vigilant *without* exhausting hyper-vigilance
enjoying a solid, refreshing night's sleep
not being victims of wild thoughts or emotions
enjoying a simple, rich quality of life

Saturdays

1:00pm
(Pacific Time)

call or email us for specific dates

(many Saturdays live and in-person events supersede this virtual event)
and for the Zoom link

818.616.2931

info@mindfulveteranproject.org

www.mindfulveteranproject.org

