

MINDFUL VETERAN PROJECT



women veterans &
women spouses of veterans
(also includes Active Duty/Guard/Reserve members)

healing oasis beach retreat

SATURDAY
MAY 20th, 2023

11:00AM ~ sunset

come for as much or as little as you like

Who knows what the weather will be like, if it will be warm and sunny or cool and foggy. But we will definitely get away from it all and enjoy a day of alternative healing modalities, arts & crafts, hanging out, taking a nap, plenty of food/drink, listening to lovely quiet music, taking a beach walk, & generally unwinding completely in good all-female company & a beautiful environment

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