

MINDFUL VETERAN PROJECT



Join us as we begin offering a wide variety of services
at a new location in the San Fernando Valley

starting with our unique
Mindfulness Workshops

on

Friday
March 3rd
and

Wednesday
March 22nd
2023

10:30 - 11:30am



ONEgeneration Senior Enrichment Center
18255 Victory Boulevard
Reseda, CA 91335

please bring vaccination card for entry

FREE lunch provided for those 60 & over
from 11:30 - 12:30



This is not about meditation,
stopping one's thoughts,
sitting in a specific position,
or most of what people think of
when they hear the term "mindfulness."

You'll be pleasantly surprised by how easy,
fun, and effective these tools are.

Come explore with us!



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