

MINDFUL VETERAN PROJECT



All are invited to join us for *free*, always new & different, and not what most people expect

Mindfulness Workshops

Tuesdays
May 9th
and
May 30th
2023

10:00 - 11:00am



ONEgeneration Senior Enrichment Center
1825 Victory Boulevard
Reseda, CA 91335



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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