

# MINDFUL VETERAN PROJECT



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

## Mindfulness Workshops

*Tuesdays*

6/20, 7/11, 8/1, 9/5,  
10/3, 11/7, and 12/5

2023

10:00 - 11:00am



ONEgeneration Senior Enrichment Center  
18255 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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