

MINDFUL VETERAN P R O J E C T



Join us for our **SUMMER Wellness Wednesday series**
at a slightly later time

featuring
Tai Chi/Qigong
with
Jim Belsley

Wednesdays
mid-July through **August**
2021

***3:30 - 4:30 PM**
(Pacific Daylight Time)

~ no experience, flexibility, fitness level required ~

~ the slow, gentle, un-demanding movements of Tai Chi/Qigong
release tension, build awareness, and open the body to self-healing ~

[https://us02web.zoom.us/j/83573864944?
pwd=ZFJvRUJMaGhzbmRzb1QwUEdNQ1ZHQ
To9](https://us02web.zoom.us/j/83573864944?pwd=ZFJvRUJMaGhzbmRzb1QwUEdNQ1ZHQTo9)

Meeting ID: 835 7386 4944
Passcode: 081709

call or email MVP with any questions -
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