

# MINDFUL VETERAN P R O J E C T



Join us for a special *free* virtual Wellness Wednesday workshop

of  
**Tai Chi/Qigong**  
with Luz

Wednesday  
**February 2, 2022**

**3:00 - 4:00** PM  
(Pacific 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=ZFJvRUJMaGhzbmRzb1QwUEdNQ1Z  
HQT09](https://us02web.zoom.us/j/83573864944?pwd=ZFJvRUJMaGhzbmRzb1QwUEdNQ1ZHQT09)

Meeting ID: 835 7386 4944  
Passcode: 081709

call or email MVP with any questions -  
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