

MINDFUL VETERAN PROJECT



**Women Veterans, Active Duty, Guard, Reserve members
& women spouses of Veterans, Active Duty, Guard, Reserve members**

who are pregnant/expecting
or
have recently given birth

are invited to a

“Welcome to the Planet”

military-connected-women-only
free event

to support you personally
and in making
your baby's arrival
and first years on Mother Earth
delightful, rich, full of care, love, & fun



**Saturday
August 12th, 2023**

11AM - 2PM

Van Nuys/San Fernando Valley



*resources, diapers, food, clothing, training in baby massage,
toys, strollers, books, booster seats, lactation specialist,
& camaraderie with other soon-to-be & recent moms*

fill our your request-to-attend form

HERE

or

type/copy/paste this URL into a browser
bit.ly/WelcomeToThePlanet2023



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