

MINDFUL VETERAN PROJECT



Women Veterans are invited to join us for a *free* VIRTUAL



“Keep Your Wits About You Through the Holidays” Mindfulness Workshop

Wednesday
December 9th, 2020

1:30 - 2:30 PM
(Pacific Time)



to register click
[HERE](#)



or copy/paste this URL into your browser:
[http://events.r20.constantcontact.com/register/event?
oeidk=a07e9e99n1z5d750314&llr=ga8vqpfab](http://events.r20.constantcontact.com/register/event?oeidk=a07e9e99n1z5d750314&llr=ga8vqpfab)

easy, relaxing, empowering, fun
virtual time in great company



we'll be sitting comfortably in chairs - no
props, special clothing, flexibility, experience
needed

you can't fail or be bad at this -
how refreshing!

be prepared to be pleasantly surprised

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