

# MENTAL STRENGTH TRAINING

**STARTING**

**February 20, 2020  
6pm-7pm**

**WHERE**

**Macomb Community  
College**

**J Building, Room 140  
14500 Twelve Mile Rd, Warren, MI 48088**

**Join Brandon Klein, Meditation Coach from Wise  
MindGentleSoul, for a 6-session meditation workshop.  
These sessions will help you learn to relate to your  
thoughts in a new way and teach you skills to help  
reduce chronic pain, improve your sleep and relax. Open  
to all veterans in the community at no cost.**

**WEB ADDRESS**

**REDUCE PAIN**

**IMPROVE SLEEP**

**RELAX**

**February 27 & March 12, 19,  
26 & April 2**

**NO CLASS March 5**

**REGISTRATION:**

**[http://bit.ly/meditationfor  
veterans](http://bit.ly/meditationforveterans)**

**BRANDON KLEIN**

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