

Women's Wellness Program

**VA Los Angeles Ambulatory Care Center
351 E. Temple St. Los Angeles, CA 90012**

**Every Monday 10am to 11am
Located in Room B-256**



All Women Veterans are welcome to join!

Topics include:

- ◇ **Emotional Dysregulation**
- ◇ **Mindfulness Practice**
- ◇ **Music and Movement**

Led by Dr. Argueta & Dr. Steinberg

VA



U.S. Department
of Veterans Affairs
VA Greater Los Angeles Healthcare System



**Healthy Living Matters.
Prevention Works.**

For more information, please call:
PERC: (213) 253-2677 ext. 24573, or
Dr. Steinberg: (213) 253-2677 ext. 24749