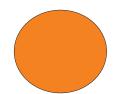


ZEN VIBES





July 2022

HAPPY BIRTHDAY !!!!





Happy Birthday to Soror Guzei and Soror Da Shin . Many Blessings Queens on your special day!



Veteran's News

Obesity affects members who served in the US Military at a higher rate than the general population. Chronic conditions, diabetes, arthritis and a plethora of other disorders may results in poor status after completion of their period of services.

If you are someone that you know suffer with obesity, the VA offer evidence-based obesity treatments, behavioral weight management, and antiobesity medications.

Contact your local veteran affairs office.



Zen Moments

Learn to Stop

Do nothing at all. One minute of silence dedicated to watching, listening, feeling. Allow your body and mind to linked directly. This paused has the benefit of stopping or slowing down the rhythms of the body. Let your thoughts come and go. Giving oneself the time to tame the emptiness.

Laughter for the Soul

Did you hear about the first restaurant to open on the moon?

It had great food, but no atmosphere.

Why are toilets always so good at poker?

They always get a flush

