



In-Person Wellness

Tranquil Moments

YOGA

Aurora



Join us for **TRANQUIL MOMENTS YOGA** with Linda. A gentle and relaxing in-person afternoon class focused on inviting a greater sense of ease and flow to both the mind & body.

Tuesdays @ 2:30-3:30pm  
March 5 to Apr 30, 2024  
(no class April 2)  
Hope House Aurora  
350 Industrial Pkwy South

To register or for information, contact Nicki  
wellness@hopehousehospice.com  
or 905-727-6815 x227

If you are new to Hope House, contact Stephanie:  
programs@hopehousehospice.com  
or 905-727-6815 x223

All programs & services at Hope House are offered at no charge.

**Donations are always appreciated.**



Our professional staff and dedicated volunteers provide innovative, personalized compassionate support—at no cost—to people diagnosed with a life-threatening illness, their families and caregivers and those who are bereaved.

**Main Office:** 350 Industrial Pkwy South, Aurora L4G 3V7  
**Second Location:** 212-10909 Yonge Street, Richmond Hill L4C 3E3

905-727-6815    www.hopehousehospice.com    2024-02-23