

Mindful Movement Yoga



Mondays 2:15pm—3:15pm

McConaghy Centre Room 205
10100 Yonge Street, **Richmond Hill**
Registration required (see below)

Mindful Movement Yoga is a new program for Richmond Hill residents who have been diagnosed with living with life-threatening illness, caregivers & those who are bereaved.

Wellness Programs available at our Aurora location: Tranquil Moments Yoga, Meditation, Serenity Stroll, Journeys, Bereavement Groups for adults & children, Picking up the Pieces for Cancer Survivors & 1:1 Complementary Therapies.

All Hospice King-Aurora programs are free of charge. Donations are always appreciated

For information & registration contact:

Georgina Mercouris (905) 727-6815 x23
or **email** g.mercouris@hospicekingaurora.ca

Hospice King-Aurora offers specialized services and support to those living with progressive life-threatening illness, the people who care for them and those who are bereaved.

350 Industrial Pkwy S., Aurora L4G 3V7 P: 905-727-6815 E: info@hospicekingaurora.ca W: www.hospicekingaurora.ca

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