

Wellness Program

CHAIR YOGA

WITH LINDA



Chair yoga is a modified form of yoga where traditional poses are adapted to be practiced while seated in a chair or using a chair for support.

This session offers a gentle and accessible approach to yoga, making it suitable for individuals with limited mobility, balance issues, or those navigating illness or a time of healing.

**Tuesdays @ 2:30–3:30
at Hope House**

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

If you are **new to Hope House**, contact Intake
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.