

Virtual 4-week evening series

# MAY MINDFUL meditation



Join Gwendolyn for a 4-week series focused on cultivating and strengthening a meditation practice.

Each week a variety of mindfulness and meditative practices will be explored including writing/drawing, gentle movement, hand mudras, EFT tapping and breathwork

**Wednesdays**  
**May 7, 14, 21 & 28, 2025**  
**@ 7-8pm via Zoom**

To register or for information, contact Nicki:  
[wellness@hopehousehospice.com](mailto:wellness@hopehousehospice.com)  
or 905-727-6815 x227

If you are new to Hope House, contact Stephanie:  
[programs@hopehousehospice.com](mailto: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.