

Virtual Wellness

Zen with Gwen



2nd Monday of the Month
7:00pm - 8:00pm, on Zoom

Join Gwendolyn each month for a session focused on supporting a sense of wellbeing through gentle movement and the use of a variety of guided mindfulness practices and techniques.

Facilitated by Gwendolyn

To register or for information, contact Nicki:
wellness@hopehousehospice.com
or 905-727-6815 x 227

New to Hope House? Contact intake:
programs@hopehousehospice.com
or 905-727-6815 x 223

All programs and 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.

hope
house

Community
Hospice

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