



wellness...virtually...

Aromatherapy for Wellbeing

Shinrin-Yoku
(aka Forest Bathing)

Inspired by Shinrin Yoku, (also known as forest bathing), this fun and fragrant session will have us exploring specific tree essential oils that have been shown to promote health and restore a sense of renewed vitality.

We will get creative with nature themed activities, learn a little about the practice of Earthing and will whip up our very own Forest Bathing Blend that captures the essence of being in the woods and supports a sense of woodland wellbeing anytime we need it!

Thursday June 23 @ 2-3pm via ZOOM

Facilitated by Nicki, Wellness Programs Coordinator. Nicki is certified in the Therapeutic Use of Aromatherapy in Hospice Palliative Care.

Forest Bathing Aromatherapy Kit will be provided.

Open to those diagnosed with a life-threatening illness, family caregivers & the bereaved.

To register or for information contact Nicki:
wellness@hopehousehospice.com
or 905-727-9815 x227

If you are new to Hope House, contact Georgina:
programs@hopehousehospice.com
or 905-727-6815 x23

Part of the **STAYING STRONG LIVING WELL** Series

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