

Virtual Wellness

# zen WITH Gwen



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.

**2<sup>nd</sup> Monday** of the month  
@ 7-8:00pm 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 Intake  
[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.