

Virtual Wellness

Joy in Movement



Wednesday Mornings

10:00am - 11:00am, on Zoom

Joy in Movement is a fun and engaging mind/body session focused on exploring the wonders of simple movements coupled with moments of stillness to ignite the spark of joy from within. This session incorporates a variety of practices to renew a sense of vitality.

Facilitated by Andrea

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.



Community
Hospice

15105 Yonge Street Unit 105
Aurora, ON L4G 1M3
905-727-6815
www.hopehousehospice.com