

NEW: In-Person Wellness

Tranquil Moments

YOGA

Aurora



We're very excited to welcome you back to our in-person wellness programming in Aurora. Join us for **TRANQUIL MOMENTS YOGA** to experience breathwork, gentle movement and guided yoga nidra to calm the mind, relax the body and uplift the spirit. Facilitated by Linda

Thursdays @ 7 – 8:00pm
Oct 12 – Dec 7, 2023
(no class Nov 23)
Hope House Aurora –
350 Industrial Pkwy South

To register or for information, contact Nicki
wellness@hopehousehospice.com
or 905-727-6815 x227

If you are new to Hope House, contact Georgina:
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.

Main Office: 350 Industrial Pkwy South, Aurora L4G 3V7
Second Location: 212-10909 Yonge Street, Richmond Hill L4C 3E3

905-727-6815 www.hopehousehospice.com

2023-09-01