

Cancer Wellness ... Virtually

H·O·P·E

HOW OUR PLANS EVOLVE  
SELF-CARE SEMINAR



## Mindful Movement Two-Part Breast Cancer Series with Gwendolyn

This two-part series will explore ways to cultivate daily mindset and movement practices to support women through their breast cancer journey.

Via ZOOM  
October 23, 2023  
& November 27, 2023  
@ 7 - 8:30pm

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 Georgina:  
[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.

**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](http://www.hopehousehospice.com)

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