

Wellness Workshop

Yin & Yang of Breast Cancer: Movement & Mindset Session



Monday March 23rd 2026

7:00 - 8:15pm, on Zoom

This session offers both energetic practices to shift energy and stoke our inner fiery spirit as well as gentle wind down practices to develop mobility while honoring our limitations and need for rest.

Facilitated by Gwendolyn

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.

hope
house

Community
Hospice

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