### Monthly Wellness:

# Wellness Wednesday



## Join us for a special spring Wellness Wednesday Session!!

We'll be welcoming spring and planting a little hope by creating our very own mini succulent planters. Succulents are known for tenacity, perseverance & strength—three qualities we nurture and cultivate at Hope House!

Led by the folks from Canadian Succulents

## APRIL 24, 2024 @ 1-2:30 PM at Hope House Aurora

Registration is required. Space is limited.
Contact Nicki wellness@hopehousehospice.com
or 905-727-6815 x227
Open to existing clients of Hope House Community Hospice.



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

2024-03-21