

Wellness ... Virtually

MINDFUL MOVEMENT



A feeling of loss often accompanies caregivers, those faced with a life-threatening illness and those who are bereaved.

MINDFUL MOVEMENT is 6-week therapeutic program, focusing on a mix of gentle movement, breathwork, and relaxation practices that support the flow of energy through the body encouraging physical and emotional healing, while cultivating a sense of peace and stability.

Facilitated by Gwendolyn Elliott

Mondays @ 6:30–7:30pm

via Zoom

April 8 to May 13, 2024

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

If you are **new to Hope House**, contact :
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

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