

Wellness Workshop  
**Feel Good  
Friday**



**Friday April 24<sup>th</sup> 2026**

6:00pm - 7:30pm, in person

Join us for an easeful and enjoyable Feel Good Friday session focused on seasonal selfcare practices to support our ability to rest, digest and manifest a greater sense of springtime wellbeing!

**Facilitated by Nicki & Gwendolyn**



Community  
Hospice

To register or for information, contact Nicki  
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