



PROGRAMS

for those navigating cancer

WELLBEING is defined as a sense of health and vitality that arises from your thoughts, emotions, actions, and experiences. Hope House Wellness programs create the space to attend to your own state of wellbeing while navigating a cancer journey.

PROGRAM CALENDAR:
www.hopehousehospice.com/calendar



- **PERMISSION TO PAUSE** Gentle Yoga with Laura Mondays @ 10 - 11am via Zoom
- **QIGONG** with Andrea • Wednesdays @ 9:30-10:30am via Zoom
- **WALK & TALK FOR WELLBEING** 1st & 3rd Friday @ 10:30am-11:30am
in person on nature trails in Richmond Hill & Aurora)
- **NEW Gentle YOGA Nidra** with Gwendolyn • Mondays @ 7-8pm **in person** at Laskay Hall, King City
- **NEW SPIRIT & SOUL** with Vicki Cousins Monthly Women's Circle for women diagnosed with cancer
Tue Oct 3, Thu Nov 9 & Thu Dec 7 @ 10-11am via Zoom
- **NEW JOURNEYS** support for advanced/metastatic cancer • Thursdays @ 10-11:30 Oct 5-26, 2023 via Zoom
- **NEW TRANQUIL MOMENTS YOGA** with Linda • Thursdays @ 7-8pm **in person** at Hope House Aurora
- **NEW Hope House HUB** an opportunity to connect, relax, learn and share • 2nd & 4th Friday @ 10:30am - 12:30pm **in person** at Hope House Aurora. Refreshments served.
- **NEW MINDFUL MOVEMENT** with Gwendolyn • Oct 23 & Nov 27, 2023 @ 7-8pm via Zoom
2-part breast cancer series: **How Our Plans Evolve H-O-P-E Self-care Series**
- **PICKING UP THE PIECES** post cancer support with Vicki Cousins 9-weeks-Tuesdays @ 10-12noon
Oct 17-Dec 12, 2023 via Zoom
- **QIGONG FOR REST & SLEEP** with Andrea Monthly on Thursdays @ 7:30-8:30pm via Zoom
- **AROMATHERAPY** with Nicki Wed Nov 29, 2023 @ 2-3:30pm **in person** at Hope House Aurora

Flyers & details: www.hopehousehospice.com/wellness-programs

Also available from Hope House: in-home visiting volunteers, grief & bereavement support & more

TO REGISTER OR FOR MORE INFORMATION: contact our Intake Coordinator, Georgina at programs@hopehousehospice.com or 905-727-6815 x223



Programs offered at no cost. **DONATIONS ARE VERY MUCH APPRECIATED.**
www.hopehousehospice.com/donate

Main Office: 350 Industrial Pkwy South, Aurora L4G 3V7
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