

Virtual Wellness

Qigong for Rest & Sleep



4th Thursday of the Month
7:00pm - 8:00pm, on Zoom

Join us for a fun and easeful session. Qi Gong is a mind, body, spirit practice that improves mental and physical health and refreshes our vital life force. Sessions will focus on winding down, releasing stress and getting both the body and mind ready for sleep.

Facilitated by Andrea

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

15105 Yonge Street Unit 105
Aurora, ON L4G 1M3
905-727-6815
www.hopehousehospice.com