

Wellness Program

MINDFUL MONDAY

Enjoy an afternoon of creativity, inspiration, and relaxation with a healing creative session led by artist Tiz D'Angelo.

We begin with a Bilateral Drawing exploration. Bilateral drawing is drawing with both hands and is a form of bilateral stimulation- it lights up both hemispheres of the brain and both sides of the body. This unique experience is a great way to process feelings, emotions, and memories.

The art experience is followed by a relaxing and rejuvenating yoga nidra practice supported by a magical sound meditation. Both experiences calm the nervous system and allow you to feel nourished, centered and balanced.

Monday September 16, 2024
1:00—2:30pm
at Hope House Aurora

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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