

Monthly Wellness Program

CREATING a CONTEMPLATIVE PRACTICE

COMING ALIVE, IN THE FACE OF DEATH

"The art of living well and the art of dying well are one"

~Epicurus



3rd **Wednesday** of the month @ 2-3pm
at Hope House Richmond Hill

Oct 16, Nov 20 & Dec 18

Join Cheryl Crosby for a monthly gathering focused on creating a contemplative practice centered on exploring our own mortality, softening fears around end of life, and inviting a sense of curiosity about the relationship between consciously living well and dying well.

Each month a new theme will be introduced and explored through guided discussions, meditation practices, prompts to ponder and engaging opportunities for sharing.

Wondering who this series is for?
That answer is **everyone!**

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

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