

NEW: In-Person Wellness

Gentle Yoga Nidra King City



We're very excited to welcome you back to our in-person programming in King City. Join us for **GENTLE YOGA NIDRA** to experience breathwork, gentle movement and guided yoga nidra to calm the mind, relax the body and uplift the spirit. Facilitated by Gwendolyn

Mondays @ 7 - 8:00pm
Oct 17 - Dec 12, 2023

Laskay Hill - 2920 King Road, King City
Oct 16, 23, 30 Nov 3, 13, 20, Dec 4, 11 18

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

If you are new to Hope House, contact Georgina:
programs@hopehousehospice.com
or 905-727-6815 x223

Part of the **STAYING STRONG LIVING WELL** Series

THANK YOU TO THE TOWNSHIP OF KING FOR HELPING TO FUND THIS PROGRAM.

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

2023-09-01