

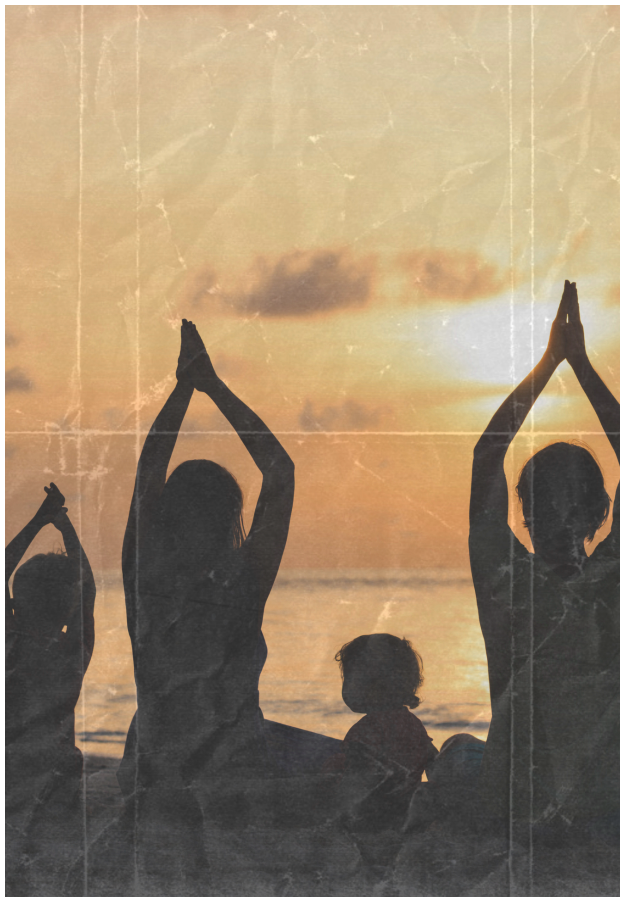
FEEL & FLOW: FAMILY YOGA SERIES

VIRTUAL

Families are invited to join Julia and Gwendolyn for a 6-week series to invite gentle movement and a sense of wellbeing. Each session will be beginner-friendly, with a focus on the big 5 emotions and the mind-body connection.

THURSDAYS, 6:30-7:45PM
ON ZOOM

Mar 20, Mar 27, Apr 3,
Apr 10, Apr 17, Apr 24



To register or for information, contact Julia:
j.zinn@hopehousehospice.com
or 905-727-6815 x228

If you are new to Hope House, contact Intake:
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.