

# Wellness ... Virtually JOY IN MOVEMENT

Joy in Movement is a fun and engaging morning mind/body session focused on exploring the wonders of simple movements coupled with moments of stillness to ignite a spark of Joy from within.

Invite refreshed energy into your day, have fun, and allow yourself to come and play!

This session incorporates yoga, qigong, shaking medicine and spontaneous movement sure to renew a sense of vitality.



Facilitated by Andrea Roth Trimble

**Wednesday**  
**@ 10-11:00am via Zoom**

To register or for information, contact Nicki  
[wellness@hopehousehospice.com](mailto:wellness@hopehousehospice.com)  
or 905-727-6815 x227

If you are **new to Hope House**, contact Intake  
[programs@hopehousehospice.com](mailto: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.

**NEW ADDRESS:**  
**15105 Yonge Street Suite 105, Aurora, ON L4G 1M3**

905-727-6815 [www.hopehousehospice.com](http://www.hopehousehospice.com)

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