

Virtual 3-week Wellness Series

# MARCH MINDFUL MEDITATION



Join us for a mini yet mighty 30-minute mindfulness session focused on exploring meditation through movement, breathwork and guided imagery.

Each week we will come together to experience a variety of meditative practices to add a sense of centered calm to your day.

**Tuesdays**  
**March 11, 18 & 25**  
**@ 10-10:30am 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 Stephanie:  
[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.

**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](http://www.hopehousehospice.com)

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