

Wellness ... Virtually

# Qigong

for health & healing



Qigong is a mind, body spirit practice that improves mental and physical health by integrating posture, movement, breathing techniques and focused intent that moves and refreshes our vital life force energy. This gentle session lead by Andrea can be done standing or seated.

Wednesdays  
@ 9:30am – 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 :  
[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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