

In-Person Wellness

Chair Yoga



Tuesday Afternoons
2:30 - 3:30pm, in person

Chair yoga is a modified form of yoga. This session offers a gentle and accessible approach to yoga, making it suitable for individuals with limited mobility, balance issues or those navigating illness or a time of healing.

Facilitated by Linda

To register or for information, contact Nicki:
wellness@hopehousehospice.com
or 905-727-6815 x 227

New to Hope House? Contact intake:
programs@hopehousehospice.com
or 905-727-6815 x 223

All programs and 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.



Community
Hospice

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