



wellness...virtually...

Mindfulness 101

Meditation is the ability to hold your awareness in the present moment while being accepting & non-judgmental of your experience. This **4-week educational program** led by Cheryl Crosby will lead participants through step-by-step learning & practicing of mindfulness techniques including seated, laying down, standing and movement meditations

Mondays 1-2:30 pm
September 19 - October 17, 2022 (no class on Oct 10)

Open to those diagnosed with a life-threatening illness, family caregivers & the bereaved.

For information contact Nicki:
wellness@hopehousehospice.com or 289-221-2055

If you are new to Hope House, contact Georgina:
programs@hopehousehospice.com or 289-221-1355

Part of the **STAYING STRONG LIVING WELL** Series

THANK YOU TO THE TOWNSHIP OF KING FOR HELPING TO FUND THIS PROGRAM.