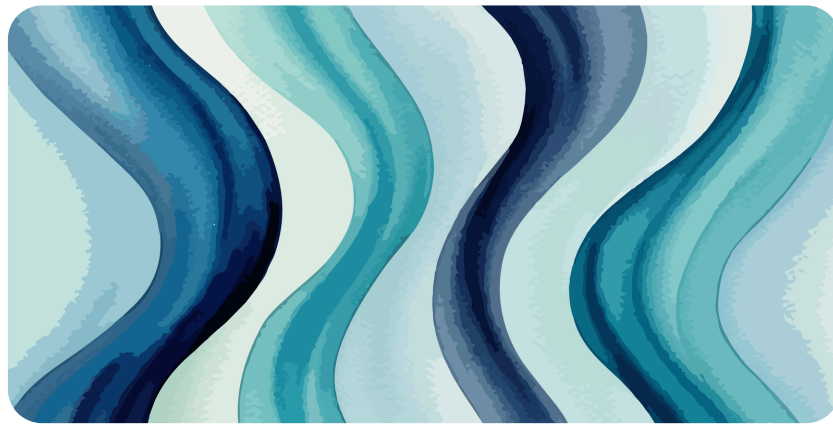


Wellness Series

Moving Forward Feelings & Flow



Wednesday Evenings

7:30 – 8:30pm, on Zoom

Moving Forward – Feelings & Flow is 5-Week Gentle Yoga series focuses on supporting the mind, body and spirit while navigating times of transitions, change and growth. *Suitable for all levels of yogis!*

Facilitated by Gwendolyn



Community
Hospice

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