

Wellness Workshop

# Mindful Mudra & Meditation



**Sunday March 29<sup>th</sup> 2026**  
2:00pm - 3:00pm, in person

Join us for an afternoon selfcare session focused on mudra, meditation and mindfulness practices to support a sense of wellbeing.

Facilitated by Gwendolyn

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

New to Hope House? Contact intake:  
[programs@hopehousehospice.com](mailto: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.

**hope**  
house

Community  
Hospice

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