

Virtual Wellness

Zen WITH Gwen

Micro-Meditations & Mindfulness
to Integrate into Your Day



In the hustle of daily life, finding time for mindfulness can be a challenge. We all want the benefits of meditation and mindfulness, but may not know where to start or how to find the time.

This fun and informative session will include the science of micro-meditation and bite-sized guided practices for how to incorporate them throughout your day.

Beginners will learn easy-to-use practices, while more seasoned practitioners will discover new ways to be mindful.

Monday September 23, 2024
@ 7 - 8:00pm via Zoom

To register or for information, contact Nicki
wellness@hopehousehospice.com
or 905-727-6815 x227

If you are new to Hope House, contact:
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

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