

Virtual Wellness

zen WITH Gwen



Join Gwendolyn each month for a session focused on supporting a sense of wellbeing through gentle movement and the use of a variety of guided mindfulness practices and techniques.

2nd Monday of the month
@ 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 Stephanie:
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.