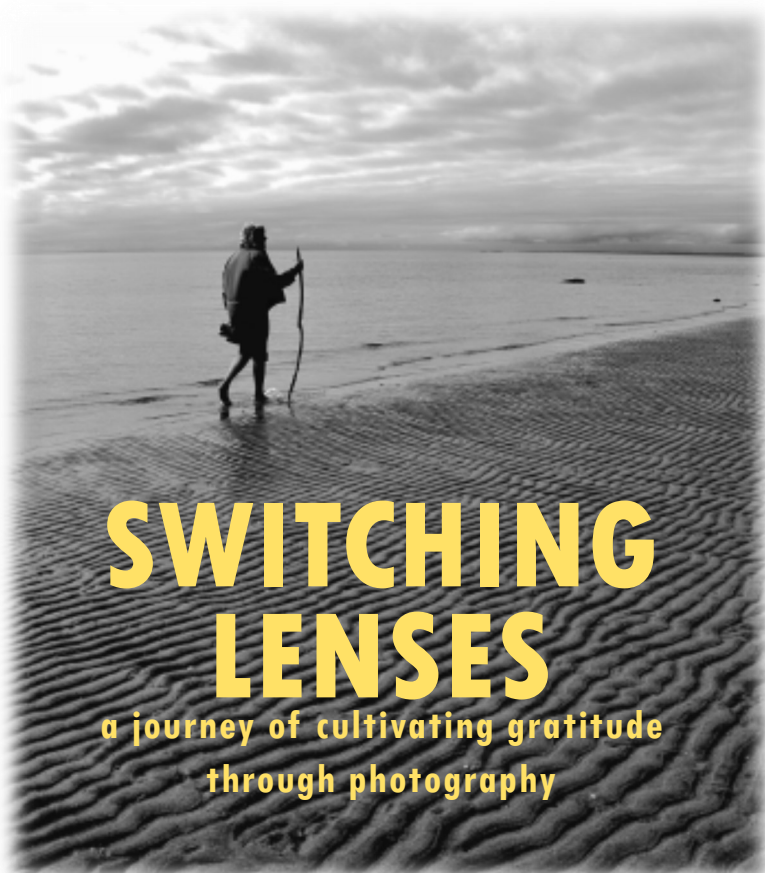


wellness...virtually...



Tuesdays @ 7-8:00 pm
Jan 25 to March 1, 2022

Join us Tuesday evenings for a 6-week journey focused on learning compositional guidelines of photography while developing a practice of gratitude.

Each week offers opportunities to switch the lens in which we view the world. Journey through discussion and reflection and learn to apply photography techniques that will encourage the creation of a visual gratitude practice.

Karen Glen is not a professional photographer, but she is someone who is passionate about creating images. She is not a counselor but someone who has discovered the power of gratitude during her own journey through grief. By switching her lens she learned to see the light even on the darkest days.

To register or 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