



wellness...virtually...

Off The Mat

Gentle Movement & Guided Meditation

To register 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

Wednesdays 4-5pm

Gwendolyn's sessions will create a sense of calm and renewal through the use of a host of whole-body mindfulness practices. Come experience guided meditation, movement, tapping, breathing and mindset practices that will accompany you off your yoga mat and into the rest of your week!

Open to those diagnosed with a life-threatening illness, family caregivers & the bereaved.