

Virtual Wellness

# Zen WITH Gwen

Mindfulness & Micro  
Self-Care Practices



January is known to be a tough month for both physical and mental health. At this time of year, we can all benefit from uplifting and supportive mindfulness and movement practices.

This fun and informative session will draw upon the yin and yang of self-compassion, micro-practices and breath work.

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

**Monday January 13, 2025**  
**@ 7 – 8:00pm via Zoom**

To register or for information, contact Nicki  
[wellness@hopehousehospice.com](mailto:wellness@hopehousehospice.com)  
or 905-727-6815 x227

If you are new to Hope House, contact:  
[programs@hopehousehospice.com](mailto: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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