

In-Person Wellness

Tranquil Moments

YOGA

Aurora



Join us for **TRANQUIL MOMENTS YOGA** - a gentle and relaxing in-person afternoon class focused on inviting a greater sense of ease and flow to both the mind & body.

Tuesdays @ 2:30-3:30pm
Hope House Aurora
350 Industrial Pkwy South

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.

Main Office: 350 Industrial Pkwy South, Aurora L4G 3V7
Second Location: 212-10909 Yonge Street, Richmond Hill L4C 3E3

905-727-6815 www.hopehousehospice.com

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