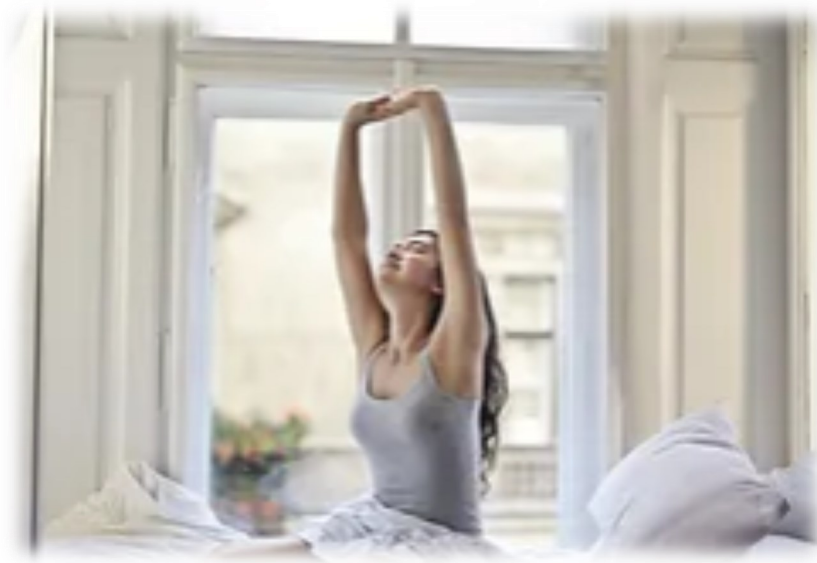


# Monthly Wellness ... Virtually

# QIGONG for REST & SLEEP



Join us for a fun and easeful session focusing on **Qigong for Rest & Sleep**. Qigong is a mind, body spirit practice that improves mental and physical health and refreshes our vital life force energy. Sessions will focus on winding down, releasing stress and getting both the body and mind ready for sleep. Facilitated by Andrea

Monthly on Thursdays  
@ 7-8:00 pm  
Oct 10, Nov 21 & Dec 19

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

905-727-6815 [www.hopehousehospice.com](http://www.hopehousehospice.com)

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