

Wellness ... Virtually

JOY IN MOVEMENT

Joy in Movement is a fun and engaging morning mind/body session focused on exploring the wonders of simple movements coupled with moments of stillness to ignite a spark of Joy from within.

Invite refreshed energy into your day, have fun, and allow yourself to come and play!

This session incorporates yoga, qigong, shaking medicine and spontaneous movement sure to renew a sense of vitality.

Facilitator: Andrea Roth Trimble

Wednesdays 10-11:00am via Zoom

To register or for information, contact Nicki
wellness@hopehousehospice.com
or 905-727-6815 x227

If you are **new to Hope House**, contact :
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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