



wellness...virtually...

Qigong

with Andrea Roth-Trimble

Qigong is a powerful moving meditation done either standing or sitting.

In Qigong we learn to experience the energy (chi) all around us and within.

The result is deep resting, relaxation with a vibrant sense of aliveness within.

Thursdays @ 11:30am–12:15pm
via Zoom

To register contact Nicki: wellness@hopehousehospice.com or 289-221-2055
If you are new to Hope House, please contact Georgina: g.mercouris@hopehousehospice.com or 289-221-1355

All programs & services at Hope House are offered at no cost. Donations are always appreciated.

During COVID-19, we are pleased to offer a variety of virtual wellness and bereavement support groups, counselling, system navigation & more.

Our physical offices are closed & face-to-face group programming has been suspended, however we continue to be here for you!



Providing highly-personalized support, at **no cost**, to those diagnosed with a life-threatening illness, family 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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