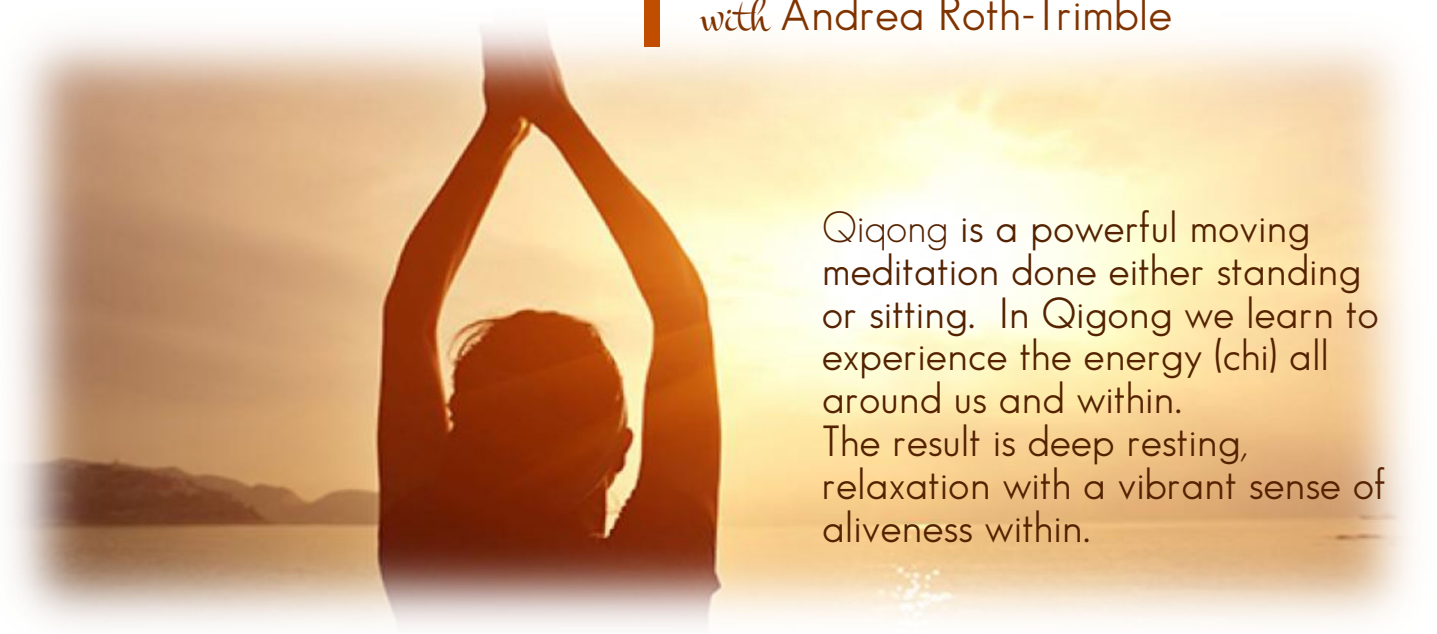


Qigong

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.

**ADDITIONAL
DATES ADDED**

Thursdays @ 10:00-11:00am

October 3 to November 28 & December 12 & 19, 2019

Hope House Aurora
350 Industrial Parkway South
Registration required (see below)

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

Donations are always appreciated.

For information & registration:

905-727-6815

or programs@hopehousehospice.com

Hope House Community Hospice (formerly Hospice King-Aurora-Richmond Hill) provides 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

Phone: 905-727-6815 • Email: programs@hopehousehospice.com • Web: www.hopehousehospice.com

Charitable Registration #13451 7820 RR0001