



wellness...virtually...

Aromatherapy for Wellbeing

Aromatherapy for Wellbeing sessions blend the benefits of aromatherapy & mindfulness through experiencing specific essential oils, self-care practices, introspection & journaling.

Facilitated by Nicki, Wellness Programs Coordinator. Nicki is certified in the Therapeutic Use of Aromatherapy in Hospice Palliative Care.

Friday April 30, 2021 @ 2 - 3:15pm ~ Lemongrass & Tea Tree

Friday May 28, 2021 @ 2 - 3:15 pm ~ Geranium & Grapefruit

Aromatic kits will be provided.

Open to those diagnosed with a life-threatening illness, family caregivers & the bereaved.



To register or for information contact Nicki:
wellness@hopehousehospice.com or 289-221-2055

If you are new to Hope House, contact Georgina:
programs@hopehousehospice.com or 289-221-1355

Part of the **STAYING STRONG LIVING WELL** Series

THANK YOU TO THE TOWNSHIP OF KING FOR HELPING TO FUND THIS PROGRAM.

During COVID-19, we are pleased to offer a variety of virtual wellness and bereavement support groups, counselling, system navigation & more. Our physical officers are closed & face-to-face group programming has been suspended, however we continue to be here for you!