



*Hospice King-Aurora*

Bereavement Program:

# Healing Hike



An informal walking group for adults who are grieving the loss of a loved one. Participants meet at a designated spot on King City Trails for an hour-long walk and opportunity to chat.

Program runs **Saturday mornings** @ 9am

Registration is required

Program is provided free of charge. Donations are greatly appreciated.

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**For information**  
**call** Karen Simmonds, Bereavement Services Coordinator  
at (905) 773-0155  
or **email** [k.simmonds@hospicekingaurora.ca](mailto:k.simmonds@hospicekingaurora.ca)

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*Hospice King-Aurora* offers specialized services and support to those living with life-threatening illness, the people who care for them and those who are bereaved.

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*Care ♥ Compassion ♥ Support*