



Wellness Program:

Picking up the Pieces for cancer survivors



How do you move forward with your life after you have been affected by cancer?

This practical program offers an opportunity to come together, share feelings, hopes, fears and provides practical tools and resources to move

forward post cancer treatment. Sherri Magee's book "Picking Up the Pieces: Moving forward after surviving cancer" will be used as the vehicle for discussion.

Picking Up the Pieces runs for ten weeks starting on
Wednesday February 8, 2012 @ 1:00pm - 3:00pm
at Hospice King-Aurora.

"I was able to take the time to look at what I had been through and then set a path for what are the next steps I need to take in my healing journey."

"...the program provided some essential support, skills and techniques to move into the recovery phase of my journey...(I learned to) be compassionate towards myself and give myself permission to take the time to "do what is best for me"

Testimonials from Program Participants

All programs & services at Hospice King-Aurora are offered free of charge.

Donations are appreciated.

Other Wellness Programs available:
Art Therapy, Yoga, Reiki &
Reflexology.
All are facilitated by certified
professionals.

For more information or to register, contact:
Bonnie Selwood, Visiting & Wellness Programs
(905) 773-0155 x22
or **email** b.selwood@hospicekingaurora.ca

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

Care ♥ Compassion ♥ Support

155 King Road, Oak Ridges, ON L4E 2W1
P: 905-773-0155 E: info@hospicekingaurora.ca
W: www.hospicekingaurora.ca