



Tranquil Moments Yoga

for those living with
life-threatening illness
& those who are bereaved



A gentle form of exercise and meditation recognized as a way to relieve tension and bring a sense of calm and well-being.

Tuesdays 10:00am-11:30am
&
Thursdays 7:30pm-9:00pm

at Hospice King-Aurora

Other Wellness Programs available: Art Therapy, Picking up the Pieces for Cancer Survivors, Reiki and Reflexology. All are facilitated by certified professionals.

All programs & services are offered free of charge.

Donations are appreciated.

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

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