



WellWithin

CHATHAM-KENT HOSPICE

Yoga for Caregivers & Bereaved Individuals

Discover elements of healing and restoration at this Hospice Wellness event lead by yoga instructor Lisa Uher. A soothing session of restorative yoga featuring the tranquil sounds of crystal bowls, native flutes, and gentle instruments, this practice is suitable for and welcome to all abilities. Offered at no charge. Registration required.

Saturday, October 21, 2023
1:30 p.m. to 3:00 p.m.

Just Breathe Yoga Studio
317 Grand Avenue W.

To register, please contact:

Sally Reaume, Supportive Care Program Coordinator
519-354-3113 Ext. 2406 or sreaume@chathamkenthospice.com

