

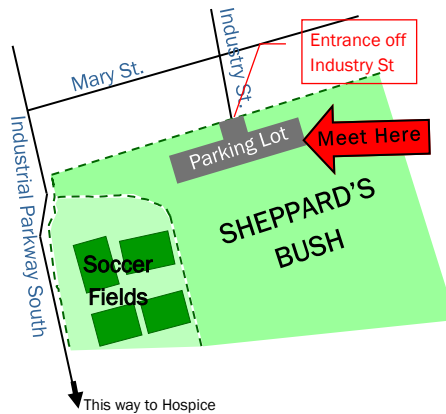
Wellness Program

HEALING HIKE

Green exercise represents a low-cost way to lower stress & recharge the mental batteries!"

Alan Logan, co-author of Brain on Nature

An informal walking group for clients & volunteers. Participants meet for a low-impact walk at Sheppard's Bush—east end of the Industry/ Mary Streets parking lot.



1st & 3rd Friday of the Month

10:00am - 11:00am

Registration is required

Offered free of charge.

Donations are always appreciated.

FOR INFORMATION OR TO REGISTER CONTACT:

Georgina Visiting & Wellness Coordinator

phone 905-727-6815 x23

email g.mercouris@hospicekingaurora.ca



HOSPICE
King-Aurora
Richmond Hill