

Within you there is a stillness and a sanctuary to which you can retreat at anytime and be yourself
Hermann Hesse



Restorative Yoga

Free options for North Shore Residents living with side effects of cancer treatment, life-threatening illness or grieving the loss of a loved one.

Group is offered through the **Family Services of the North Shore** Companionship Community Care Program.

When: Thursday April 20th, 2017
Time: 10:00am

Where: Mollie Nye House
940 Lynn Valley Road, North Vancouver

Register Call 604.985.8713 or email quenneville@familyservices.bc.ca
Pre-registration is required.

Family Services of the North Shore
#203 -1111 Lonsdale Avenue
North Vancouver, BC V7M 2H4
Phone: 604-988-5281
Fax: 604-988-3961

www.familyservices.bc.ca



 **Family
Services
North
Shore**

Caring for our Community