

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



Guided Meditation and Restorative Yoga

A free group for North Shore Residents living with side effects of cancer, advanced illness or grieving the loss of a loved one.

A family caregiver is welcome to accompany the participant.

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

When: Guided Meditation—May 25, June 8, 22 and 29, 2016
Restorative Yoga—June 1 and 15, 2016

Time: 9:45—11:30 am

Where: Palliative Support Centre
3743 Delbrook Ave, North Vancouver

Cost: No Fee

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

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Family
Services
North
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Caring for our Community