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

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## Relaxation, Guided Meditation or Restorative Yoga

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

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

### Relaxation & Guided Meditation

**When:** Thursdays, January 12 and February 9, 2017  
Fridays, January 20, February 3 and 24

**Time:** 9:30 or 10:30 am

### Restorative Yoga

**When:** Thursday, January 26 and February 16  
**Time:** 9:50—11:30 am

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

**Register** Call 604.985.8713 or email [quenneville@familyservices.bc.ca](mailto: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](http://www.familyservices.bc.ca)



*Caring for our Community*