

# The Wellness Program Virtual Sessions



*Summer 2021*

The Wellness Program offers **FREE** outreach supports through Carpenter Hospice. Our goal is to provide psychological, emotional, & practical support in a compassionate and caring setting

## Wellness Restorative Yoga



For all levels—  
led by a certified instructor  
**Tuesdays 11:00AM—12:00PM**  
(July 6, July 13, July 20, July 27)  
**Thursdays 11:00AM—12:00PM**  
(August 17, August 31)

## “Living Healthy—Body, Mind, & Spirit” Series



Wellness-based approaches to  
diet, exercise, & lifestyle  
**Thursdays starting @ 11:00AM**  
(July 8, July 22, Aug 12, Aug 26)

## “Summer Snackers”



Super simple food tips & ideas  
for fabulous summer eating!  
**Alt. Mondays 1:30PM—2:15PM**  
(July 12, July 26, Aug 9, Aug 23)

## Progressive Muscle Relaxation



Guided session of rest with live  
relaxing music  
**Thursdays 2:45PM—3:30PM**  
(July 8, July 15, July 22, Aug 12, Aug 19)

## Wellness Discussion Group



Guided discussions about current  
topics; socialize & connect  
**Wednesdays 12:30PM-1:30PM**  
(July 7, July 14, July 21, July 28, Aug 11, Aug 18,  
Aug 25, Sept 1)

## Functional Strength Exercise



For all levels & abilities —  
instructor led class  
**Alt. Mondays 11AM—12NOON**  
(July 12, July 26, Aug 9, Aug 23)

## Who Can Register?

Anyone living with cancer &/or a life-altering illness, & those actively caring for them are welcome to attend.

## Call Today!

Wellness Program Coordinator  
Charlene Cheng, RN, CHPCN(C)  
**905-631-9994 ext. 139**

## More Virtual Sessions for Summer 2021...

### Regular Music Therapy Sessions



**Tuesdays 1:30PM—2:30PM**

**'Song Share'** — Enjoy & share your favorite songs (July 13, Aug 17)

**Group Music Therapy** — Music listening & song writing (July 6, Aug 10, & Aug 24)

**Sing-Along** — Sing along with your favorites (July 27 & Aug 31)

**Last Thursday of the Month  
2:45PM—3:30PM**

**Experiential Music & Imagery** — Focused music listening to elicit imagery & bring about relaxation (July 29 & August 26)



### Time for Trivia!

Do you enjoy the challenge of trivia? Then join us for a fun, thought-provoking time!

**Wednesday July 14 & August 18, 11:00AM—12:00PM**



### Therapeutic Touch: Distance Healing Sessions

Natural healing method helps promote relaxation, improve sleep, ease anxiety, and can even help to reduce pain. Call for more information!

**Wednesday July 7, July 21, August 11, & August 25 @ 10:00AM & 11:00AM**



### Reading & Poetry—The Book Club Corner

A time of sharing favorite books, poems, or readings with others. Original works are also welcome—call for more information!

**Thursday July 15, July 22, Aug 19, & Sept 2 @ 11:00AM—12:00PM**

**Call Today to Reserve Your Space!**

Wellness Program Coordinator

**905-631-9994 ext. 139**

