



Kamloops Hospice Association



EXPLORING RELAXATION WORKSHOP

Are you living with a life-limiting illness?

Are you interested in reducing stress and increasing your overall sense of wellbeing?

You are invited to a free workshop to explore relaxation strategies.

Each 60-minute workshop is facilitated by a Wellness Practitioner and Hospice Volunteers.

Anyone can learn these approaches to create a greater sense of relaxation and calm.

WORKSHOP INCLUDES:

- Quick and simple ways to decompress
- Guided visualization exercises in finding greater peace
- Mindfulness practices to experience deep relaxation
- Gentle, adaptive movements

Participants are welcome to bring a companion.

Adaptations can be made for all physical abilities.

**We look forward to welcoming you-
Tuesdays at 10:30 AM**

(except Statutory Holidays)

**Cooper Community Resources Centre
Kamloops Hospice Association**

**FOR REGISTRATION/QUESTIONS
PLEASE CALL 250-372-1336**

or email

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Kamloops Hospice
ASSOCIATION