

# WELLSPRING CANCER SUPPORT

AT THE HOSPICE OF WINDSOR AND ESSEX COUNTY  
WINDSOR

## YOGA

Thursdays, 2:00 pm - 3:30 pm

Led by Jackie Savi-Cannon and Linda Bain.

Gentle stretching and breathing techniques that are suitable for all abilities, including those in treatment. Helps to reduce stress, improve coping and achieve a sense of calm.



## RELAXATION AND VISUALIZATION

Mondays, 10:00 am - 11:30 am

Led by Christine Byrne and Denis Marier.

Learn "Guided Imagery" techniques, to create a peaceful and relaxed environment for yourself. Promotes personal well-being and stress relief.

**Free of charge.**

**These programs are drop-in and are offered once a week.**

**Please call to reserve a space or for more information:**

Linda Sabatini at 519.974.7100, ext. 2202, LDSabatini@thehospice.ca

The Hospice of Windsor and Essex County

6038 Empress Street

Windsor, Ontario

[www.wellspring.ca](http://www.wellspring.ca)

[www.thehospice.ca](http://www.thehospice.ca)

**Wellspring programs for people living with any type of cancer  
and at any stage of illness and their caregivers.**



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