



The Circle Way: Balancing Wholeness

4 Fridays:

May 8th - Physical Self

May 15th - Mental Self

May 22nd - Emotional Self

May 29th - Spiritual Self

10:00 am - 12:00 pm

**You are welcome to join any time
throughout the session dates - RSVP
details below**

**We are currently using Zoom Conferencing.
Details provided upon registration.**

"Everyone is a house with four rooms, a physical, a mental, an emotional, and a spiritual. Most of us tend to live in one room most of the time but unless we go into every room every day, even if only to keep it aired, we are not a complete person"- An Indian Proverb

We will be using The Circle Way to explore Balancing Wholeness from a physical, mental, emotional, and spiritual perspective. The Circle Way offers the opportunity for active listening, mutual support, intentional sharing, deeper connection, and self-reflection in an open caring environment. Space is limited to 10 participants.

**For more information or to RSVP, please contact Kathy Ratchford at
kratchford@hearthousehospice.com**



1-855 Matheson Blvd. East
Mississauga, ON L4W 4L6

905-712-8119

hearthousehospice.com