







Hospice Palliative Care Ontario
invites you to join our:

Compassionate Communities Virtual Wellness Hub

Tuesday, January 12th, 2021	Tuesday, January 19th, 2021	Tuesday, January 26 th , 2021	Wednesday, January 13 th , 2021	Wednesday, January 20 th , 2021	Wednesday, January 27 th , 2021
Click here to join any of the Tuesday sessions!			Click here to join any of the Wednesday sessions!		
9:00 AM – 9:30 AM Dance Class 			9:00 AM – 9:30 AM Chair Yoga 		
10:30 AM – 11:00 AM Technology Tutorial			10:30 AM – 11:00 AM Virtual Zoo		
12:00 PM – 12:30 PM Virtual Museum			12:00 PM – 12:30 PM Virtual Travel		
1:30 PM – 2:00 PM Live Coffee Chat 			1:30 PM – 2:00 PM Virtual Bingo 		

Facilitated by:

Melika Tamimi, SSWG Program, HPCO Intern
Elnaz Haghjoo, SSWG Program, HPCO Intern

Description

The virtual wellness hub is a new program offering a virtual platform for social and recreational activities.

Intended Audience

Seniors, People Isolated at home, Caregivers, Hospice Volunteers

You can use a laptop, desktop, or smartphone to join these sessions. [If you require support on how to join a session, please click here.](#) If you have any questions, feel free to send an email to Nav.Dhillon@hpcoco.ca