


St. Joseph's Hospice Supportive Care Calendar – April 2019
REGISTRATION IS REQUIRED – PLEASE INFORM US IF YOU CAN'T MAKE YOUR APPOINTMENT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Drop-In Meditation 10:30-11:45	2 Massage Therapy 1:30, 2:30, 3:30	3 Practicing Self Compassion 1:00-3:00 Mani, Pedi, Hair, or Makeup 1:00, 2:00, 3:00	4 Reflexology 2:30	5 Finances Made Simple 1:00-3:00	6 Massage Therapy 9:00, 10:00, 11:00
7	8 Drop-In Meditation 10:30-11:45	9 Massage Therapy 1:30, 2:30, 3:30 Understanding Your Grief 6:00-7:30	10 Healing Touch 1:30 Integrated Energy Therapy 2:00	11	12	13
14	15 Mani or Pedi 9:30, 10:30, 11:30 Drop-In Meditation 10:30-11:45	16 Massage Therapy 1:30, 2:30, 3:30 Reiki 5:00	17 Mani, Pedi, Hair, or Makeup 1:00, 2:00, 3:00	18 Reflexology 2:30	19 Good Friday – Hospice Closed	20
21 	22 Easter Monday- Hospice Open Drop-In Meditation 10:30-11:45	23	24 Mindfulness for the Bereaved 1:00-3:00 Integrated Energy Therapy 2:00	25 Massage Therapy 12:00, 1:30, 3:00 Cooking for One 6:30-8:30	26 Exploring Grief 10:00-Noon Finances Made Simple 1:00-3:00 Massage Therapy 1:00, 2:30, 4:00	27
28	29 Drop-In Meditation 10:30-11:45 H.E.A.L. 6:00-8:00 PM	30 Step by Step 10:30-11:30 Reiki 5:00				



To book an appointment, register for a program or receive more information, contact:

amanda.laframboise@sjhospicelondon.com or (519) 931 3474

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Programs printed in RED are offered to BEREAVED clients only

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