

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Questions? Contact: Jane Jordan - 604-363-0961 everydaycounts@vch.ca</p>				<p>1 9-10 Yoga for You (Toni)</p>
<p>4 11-12:30 Info Session – Navigating Palliative Resources on the North Shore (Alison)</p>	<p>5 10:30-11:30 Tai Chi Healing Exercises (Brad)</p>	<p>6 9-10 Chair Yoga for Every Body (Toni)</p>	<p>7 10-11:30 Music Therapy Relaxation (Meg/Iris)</p>	<p>8 9-10 Yoga for You (Toni)</p>
<p>1-2pm Yoga for Strength & Present Moment Awareness (Kenzie)</p>	<p>2:45 – 3:45 Yoga (Jessica)</p>	<p>1130-12:30 Yoga for Strength & Present Moment Awareness (Kenzie)</p>	<p>1-2pm Gentle Movement for Pain (Toni)</p>	
<p>11 11-12:30 Easy Open House – Join us for coffee and a chat..</p>	<p>12 10:30-11:30 Tai Chi Healing Exercises (Brad)</p>	<p>13 9-10 Chair Yoga for Every Body (Toni)</p>	<p>14 10-11:30 Music Therapy Relaxation (Meg/Iris)</p>	<p>15 9-10 Yoga for You (Toni)</p>
<p>1-2pm Yoga for Strength & Present Moment Awareness (Kenzie)</p>	<p>12:30 – 2:30 Portrait in the Garden</p>	<p>1130-12:30 Yoga for Strength & Present Moment Awareness (Kenzie)</p>	<p>1-2pm Gentle Movement for Pain (Toni)</p>	
<p>18 FAMILY DAY Statutory Holiday</p>	<p>19 10:30-11:30 Tai Chi Healing Exercises (Brad)</p>	<p>20 9-10 Chair Yoga for Every Body (Toni)</p>	<p>21 10-11:30 Music Therapy Relaxation (Meg/Iris)</p>	<p>22 9-10 Yoga for You (Toni)</p>
	<p>1:30 – 2:30 Monthly Meditation</p>	<p>1130-12:30 Yoga for Strength & Present Moment Awareness (Kenzie)</p>	<p>1-2pm Gentle Movement for Pain (Toni)</p>	
	<p>2:45 – 3:45 Yoga (Jessica)</p>			
<p>25 11-12:30 Info Session Creating the Soundtrack to Your Life and Other Legacy Tools (Tracy)</p>	<p>26 10:30-11:30 Tai Chi Healing Exercises (Brad)</p>	<p>27 9-10 Chair Yoga for Every Body (Toni)</p>	<p>28 10-11:30 Music Therapy Relaxation (Meg/Iris)</p>	<p>1 9-10 Yoga for You (Toni)</p>
<p>1-2pm Yoga for Strength & Present Moment Awareness (Kenzie)</p>	<p>2:45 – 3:45 Yoga (Jessica)</p>	<p>1130-12:30 Yoga for Strength & Present Moment Awareness (Kenzie)</p>	<p>1-2pm Gentle Movement for Pain (Toni)</p>	

All activities take place in the Every Day Counts Centre located in the NS Hospice Parking Lot (official address is: 319 East 14th St) Enter via NS Hospice Driveway at the East 13th & St. Andrews corner. Pay parking available in the NS Hospice Parking Lot. 2-hour free parking available on 13th Street