








Every Day Counts Program March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		Questions? Contact: Jane Jordan - 604-363-0961 everydaycounts@vch.ca		
4 11-12:30 Info Session Navigating Palliative Resources on the North Shore (Alison)	5 10:30-11:30 Tai Chi Healing Exercises (Brad)	6 9-10 Chair Yoga for Every Body (Toni)	7 10-11:30 Music Therapy Relaxation (Meg/Iris)	8 9-10 Yoga for You (Toni)
1-2pm Yoga for Strength & Present Moment Awareness (Kenzie)	2:45 – 3:45 Yoga (Jessica)	 1130-1230 <i>Restorative Yoga (Kenzie)</i>	1-2pm Gentle Movement for Pain (Toni)	
11 11-12:30 Info Session Symptom Management with a Palliative Physician Dr. Jennie Shaw.	12 10:30-11:30 Tai Chi Healing Exercises (Brad)	13 9-10 Chair Yoga for Every Body (Toni)	14 10-11:30 Music Therapy Relaxation (Meg/Iris)	15 9-10 Yoga for You (Toni)
1-2pm Yoga for Strength & Present Moment Awareness (Kenzie)	1230 – 2:30 Portrait in the Garden 2:45 – 3:45 Yoga (Jessica)	 1130-1230 <i>Restorative Yoga (Kenzie)</i>	1-2pm Gentle Movement for Pain (Toni)	
18 11-12:30 Info Session A Life Well Celebrated Dignity Memorial	19 10:30-11:30 Tai Chi Healing Exercises (Brad)	20 9-10 Chair Yoga for Every Body (Toni)	21 10-11:30 Music Therapy Relaxation (Meg/Iris)	22 9-10 Yoga for You (Toni)
1-2pm Yoga for Strength & Present Moment Awareness (Kenzie)	1:30 – 2:30 Monthly Meditation 2:45 – 3:45 Yoga (Kenzie)	 1130-1230 <i>Restorative Yoga (Kenzie)</i>	1-2pm Gentle Movement for Pain (Toni)	
25 11-12:30 Easy Open House Join us for coffee and a chat 	26 10:30-11:30 Tai Chi Healing Exercises (Brad)	27 9-10 Chair Yoga for Every Body (Toni)	28 10-11:30 Music Therapy Relaxation (Meg/Iris)	29 9-10 Yoga for You (Toni)
1-2pm Yoga for Strength & Present Moment Awareness (Kenzie)	2:45 – 3:45 Yoga (Jessica)	 1130-1230 <i>Restorative Yoga (Kenzie)</i>	1-2pm Gentle Movement for Pain (Toni)	

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