

Living Life Well – Day Hospice



A DAY AT THE HOSPICE OFFERS YOU

- REFRESHMENTS
- ACTIVITIES SUCH AS ART, GAMES, GUEST SPEAKERS
- MUSIC AND PET THERAPY
- NUTRITIOUS LUNCH
- COMPLEMENTARY THERAPIES SUCH AS **THERAPEUTIC TOUCH**, **MASSAGE**, **REIKI**, **REFLEXOLOGY**
- SUPPORTIVE SHARING
- ENTERTAINMENT BY LOCAL GUEST ENTERTAINERS
- SPIRITUAL CARE

*Life's a
Journey
not a destination*

- Day Hospice Program is held every 2nd & 4th Wednesday of the month from 11:00am to 2:00pm
- Free of charge!
- Staffed by the Program Coordinator and volunteers to assist you throughout the day.
- Registration is required. Please contact Living Life Well Program Coordinator at (519) 337-0537 X 126 or visit www.stjosephshospice.ca

Transportation can be provided by Red Cross, the Sarnia Care-A-Van, or Lambton Elderly Outreach if required. Program fee applied through agency.



THERAPEUTIC
TOUCH



Reflexology for Life
Where Health for the Body begins with the Sole



The Day Hospice program is held at St. Joseph's Hospice. It is available to anyone living with a life-limiting illness. This program provides a change of environment and break from the usual routine. Family members may also benefit from the program as it offers respite for those who are in a caregiving role. The program is a place of rest, relaxation and supportive sharing with others in a caring and comfortable home like environment. Our building is completely wheelchair accessible.

Client Testimonials

"I look forward to coming. It is great to talk to others knowing they are living with similar issues and they understand".

"It is a lot of fun! It also gives my caregiver time to herself"