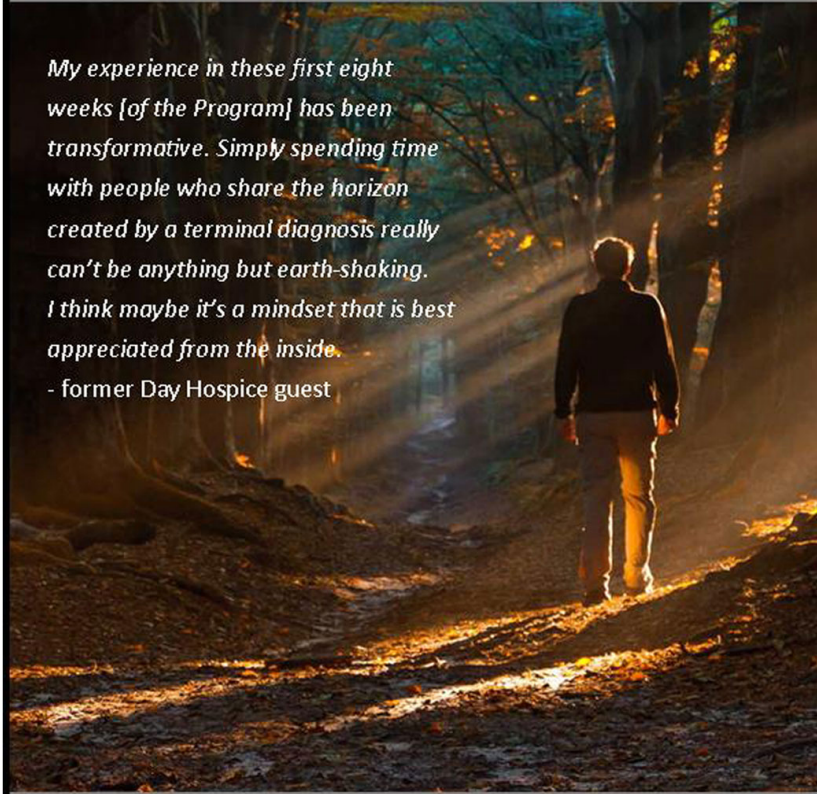


**Have you been diagnosed with a life-limiting illness?
Are you facing the end stages of a chronic disease?**

My experience in these first eight weeks [of the Program] has been transformative. Simply spending time with people who share the horizon created by a terminal diagnosis really can't be anything but earth-shaking. I think maybe it's a mindset that is best appreciated from the inside.
- former Day Hospice guest



NELSON DAY HOSPICE

Brought to you by Nelson & District Hospice Society

The Nelson Day Hospice is a weekly program offered to help those with a terminal diagnosis, while providing respite for caregivers. This ongoing 8-week series is a progressive and flexible program, designed for individuals facing life-limiting illness. It provides peer connections, activities, and supportive therapies to meet the emotional, social, practical, and spiritual challenges of this part of life.

CONTACT: 250.352.2337
For more information



NELSON DAY HOSPICE

Brought to you by Nelson & District Hospice Society

PROGRAM INFORMATION:

As a guest of the Nelson Day Hospice, you will participate in peer connection and group activities that will include sharing experiences, exploring meaning, and creating legacy. The day will include a healthy meal and complimentary therapeutic supports such as massage, acupuncture and counselling.

This program will work towards empowering you in your illness, creating a sense of well-being, and providing smoother transitions into new levels of support. Previous guests have experienced an improvement in quality of life, an increase in self-confidence, and rewarding social connections.

Eligible participants for Nelson Day Hospice:

- ◆ Have a life-limiting diagnosis, or are at the end stages of a chronic illness
- ◆ No symptoms of dementia
- ◆ Able to self manage medications
- ◆ Able to manage mobility with assisted devices

WHEN: Weekly (Wednesday or Friday)
10 am - 2 pm

WHERE: Mountain Lakes Assisted Living
Upstairs Family Space
908 - 11th Street, Nelson

CONTACT: Nelson & District Hospice Society
to register, or for more information
250.352.2337

Nelson Day Hospice is an 8-Week Series

New series starting:

May, July, September, December & February

Community Open House - Everyone welcome

1st session of each new series.

11 am - 1 pm RSVP for lunch 250.352.2337