



InspireHealth  
Canada's Foremost  
Integrated Cancer Care Centre



**Want to make an impact on your community?  
Inspire those around you? Do something different?**

**Host a third party fundraising event in support of InspireHealth!**

---

Andy White's mom, Linda, was an active member of InspireHealth before she passed away in 2010. Having witnessed firsthand how much InspireHealth touched the life of his mom, Andy was inspired to host a third party event benefiting InspireHealth, and so, The Prints Show was born. This innovative event - a silent photography auction - raised over \$3,000 for InspireHealth in the summer of 2011.

[Click on the image below to watch a video of Andy and his co-host, Leon Kozlov, talk about what inspired them to hold this amazing event!](#)



## **What is a third party event?**

A third party event is something special organized by an individual, community or business that is external to InspireHealth. You get to design the event, invite and play host to friends, family and members of your community AND make a difference to those facing a cancer diagnosis.

InspireHealth will support you with assisting to market the event, and be on hand to offer advice and tips about the best way to make it a success. We will also provide you with information about InspireHealth and brochures and leaflets to hand out at the event.

## **Why host an event?**

InspireHealth continues to run and operate as an organization thanks to you - our enthusiastic members and generous donors. By hosting an event and donating to InspireHealth you are helping to ensure that we can offer those with a cancer diagnosis the best care possible through a combination of our programs, consultations and classes.

Many patients come to InspireHealth and the first thing they say is, "Why didn't I hear about you sooner?" As a non-profit organization we depend on our dedicated friends and community members to share the news about InspireHealth and the benefits one can receive here. By hosting an event for InspireHealth you are helping to publicize us in your community and are letting those who need our services, know that we exist!

## **Event ideas**

Event ideas are only limited by your imagination! In 2011 alone, dedicated members of our community hosted a myriad of events including: a movie screening, a silent auction, a fashion show, a photography show and a cycling challenge - in France!

Your event can be as small or as large as you choose - it is up to you! Some examples of third part event ideas include:

- Special Occasions: birthdays, weddings or anniversary parties where people can donate to InspireHealth in lieu of a gift.
- Sales: host a book sale, bake sale, yard sale or a craft fair and donate the proceeds to InspireHealth.
- Ticketed events: host a movie night or throw a party or fashion show as a fundraising event!

Think about your passions, interests and what really inspires you. Events based on an existing hobby can be a lot of fun to host and you can take advantage of your existing friends and contacts in the community.

## **We want to hear from you!**

Many of you mentioned in our recent readership survey that you would like to see us feature more events outside of Vancouver. Here is your chance to make this happen!

We invite and encourage you to host your own third party event and spread the word of InspireHealth to

your community. If you are interested in hosting an event and donating the proceeds to InspireHealth, please contact Sinead ([skeane@inspirehealth.ca](mailto:skeane@inspirehealth.ca)).

*Thank you for your interest, passion and dedication to InspireHealth. We appreciate the commitment and time that you, our inspired community, dedicate to us. It is together, that we can make a difference.*

---

## Join an Inspired Research Study

The InspireHealth Research Department is looking for people with stage four colorectal cancer to participate in a pilot study of safety, tolerability, and treatment benefits of high dose vitamin D supplementation.

This 16 month study involves regular lab tests and follow up phone calls and includes a 12 month follow up period. Your participation is fully voluntary and you can withdraw from the study at any time.

Participants will either be randomized into a high-dose vitamin D treatment group or a control group. Both groups will also maintain their current anti-cancer treatments.



If you, or someone, you know has stage four colorectal cancer and you may be interested in taking part in this study, please email Cletus D'Souza ([cgsouza@inspirehealth.ca](mailto:cdsouza@inspirehealth.ca)) or contact InspireHealth (604 734 7125) for more information.

---

## Exercise Classes for InspireHealth Victoria

Joanne Morgan, InspireHealth's exercise therapist, will be offering an exercise class at our Victoria Regional Centre on Friday, February 3, 11:30-12:30 pm.

During the cancer recovery process, regular mild to moderate exercise is proven to increase energy, improve well-being, lessen anxiety and depression, facilitate lymphatic flow and thus stimulate the immune system and improve appetite and sleep. As with healthful nutrition, exercise is one of the easiest and most cost-effective ways that patients can support their healing and recovery





**Register for this class today  
by calling 250 595 7125.**

Change someone's life today  
**Please Donate**



[Visit our blog](#)

---

InspireHealth | 200 - 1330 West 8th Ave | Vancouver | BC | V6H 4A6 | Canada