



InspireHealth helps cancer patients and their support people enhance their quality of life and well-being through programs and services that support the mind, body and spirit.

All services are **FREE** of charge. No doctor referral is required.

Our Programs Support You

- Manage side effects of cancer treatments
- Reduce stress and improve mental health
- Improve sleep and reduce fatigue
- Help with decision making and care planning
- Manage work, life, and relationships

InspireHealth Services & Programs (Currently Offered Virtually or by Phone)

- Individual 60-minute session with a Supportive Care Physician, Clinical Counsellor, Registered Dietitian or Exercise Therapist.
- Workshops and classes including cancer education, exercise, stress management, nutrition, self-care, meditation, yoga, art therapy, and more. See our monthly schedule attached or visit us online at www.inspirehealth.ca.
- You can access our services from anywhere on your mobile device (phone or tablet) or on a computer. All you need is Internet access.

Get Started Today

Get started by attending a ***Fireside Information Session*** to learn more, or by booking a class or ***individual session*** with a Supportive Care Physician, Registered Dietitian, Exercise Therapist or Clinical Counsellor. **Contact us today.**

Toll-free
1.888.734.7125

Email
info@inspirehealth.ca

Register Online
www.inspirehealth.ca

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2		3	
				9:30 - 10:30 AM: Chair Yoga* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:45 AM: Gentle Yoga* ■	
				10:30 AM - 12:00 PM: Inspired Conversations: Navigating Change, Grief, & Loss ●	11:00 AM - 12:00 PM: Nutrition Workshop: Mindful Eating & High Protein Snacks ▲	11:00 AM - 12:00 PM: Nutrition Workshop: Mindful Eating & High Protein Snacks ▲	11:00 AM - 12:00 PM: Nutrition Workshop: Mindful Eating & High Protein Snacks ▲	11:00 - 11:30 AM: Information Session	
				1:30 - 2:45 PM: Gentle Yoga* ■	5:00 - 5:30 PM: Information Session	5:00 - 5:30 PM: Information Session	5:00 - 5:30 PM: Information Session		
						7:00 - 7:45 PM: Guided Meditation ☼	7:00 - 7:45 PM: Guided Meditation ☼		
6		7		8		9		10	
9:30 - 10:30 AM: Group Strength & Cardio* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:30 AM: Chair Yoga* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:30 AM: Chair Yoga* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:45 AM: Gentle Yoga* ■	
11:00 AM - 12:00 PM: Mindfulness Meditation ☼	1:30 - 2:30 PM: Beginner's Group Strength & Stretch* ■	10:30 AM - 12:00 PM: Inspired Conversations: Yoga & Art ●	10:30 AM - 12:00 PM: Inspired Conversations: Yoga & Art ●	10:30 AM - 12:00 PM: Inspired Conversations: Yoga & Art ●	11:00 AM - 12:30 PM: Lymphedema Education Session ❖	11:00 AM - 12:30 PM: Lymphedema Education Session ❖	11:00 AM - 12:30 PM: Lymphedema Education Session ❖	11:00 - 11:30 AM: Information Session	
1:30 - 2:30 PM: Restorative Yoga* ■	5:00 - 5:30 PM: Gratitude Meditation ☼	1:30 - 2:45 PM: Gentle Yoga* ■	1:30 - 2:45 PM: Gentle Yoga* ■	1:30 - 2:45 PM: Gentle Yoga* ■	1:00 - 2:00 PM: Nutrition Workshop: Nourishing Self-Care: How Stress & Nutrition Connect ▲	1:00 - 2:00 PM: Nutrition Workshop: Nourishing Self-Care: How Stress & Nutrition Connect ▲	1:00 - 2:00 PM: Nutrition Workshop: Nourishing Self-Care: How Stress & Nutrition Connect ▲		
3:00 - 3:30 PM: Information Session	7:00 - 8:00 PM: Qigong for Sleep & Relaxation* ■				5:00 - 5:30 PM: Information Session	5:00 - 5:30 PM: Information Session	5:00 - 5:30 PM: Information Session		
					7:00 - 7:45 PM: Guided Meditation ☼	7:00 - 7:45 PM: Guided Meditation ☼	7:00 - 7:45 PM: Guided Meditation ☼		
13		14		15		16		17	
9:30 - 10:30 AM: Group Strength & Cardio* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:30 AM: Chair Yoga* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:30 AM: Chair Yoga* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:45 AM: Gentle Yoga* ■	
11:00 AM - 12:00 PM: Mindfulness Meditation ☼	1:30 - 2:30 PM: Beginner's Group Strength & Stretch* ■	10:30 AM - 12:00 PM: Inspired Conversations: Healthy Communication Part 1●	10:30 AM - 12:00 PM: Inspired Conversations: Healthy Communication Part 1●	10:30 AM - 12:00 PM: Inspired Conversations: Healthy Communication Part 1●	1:00 - 2:30 PM: Cooking Class: Spring Picnic Meals ▲	1:00 - 2:30 PM: Cooking Class: Spring Picnic Meals ▲	1:00 - 2:30 PM: Cooking Class: Spring Picnic Meals ▲	11:00 - 11:30 AM: Information Session	
1:30 - 2:30 PM: Restorative Yoga* ■	5:00 - 5:30 PM: Gratitude Meditation ☼	1:30 - 2:45 PM: Gentle Yoga* ■	1:30 - 2:45 PM: Gentle Yoga* ■	1:30 - 2:45 PM: Gentle Yoga* ■	5:00 - 5:30 PM: Information Session	5:00 - 5:30 PM: Information Session	5:00 - 5:30 PM: Information Session		
3:00 - 3:30 PM: Information Session	7:00 - 8:00 PM: Qigong for Sleep & Relaxation* ■				7:00 - 7:45 PM: Guided Meditation ☼	7:00 - 7:45 PM: Guided Meditation ☼	7:00 - 7:45 PM: Guided Meditation ☼		
20		21		22		23		24	
9:30 - 10:30 AM: Group Strength & Cardio* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:30 AM: Chair Yoga* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:30 AM: Chair Yoga* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:45 AM: Gentle Yoga* ■	
11:00 AM - 12:00 PM: Mindfulness Meditation ☼	1:30 - 2:30 PM: Beginner's Group Strength & Stretch* ■	10:30 AM - 12:00 PM: Sleep & Well-being ❖	10:30 AM - 12:00 PM: Sleep & Well-being ❖	10:30 AM - 12:00 PM: Sleep & Well-being ❖	11:00 AM - 1:00 PM: Sexual Health & Cancer ❖	11:00 AM - 1:00 PM: Sexual Health & Cancer ❖	11:00 AM - 1:00 PM: Sexual Health & Cancer ❖	11:00 - 11:30 AM: Information Session	
1:30 - 2:30 PM: Restorative Yoga* ■	5:00 - 5:30 PM: Gratitude Meditation ☼	1:30 - 2:45 PM: Gentle Yoga* ■	1:30 - 2:45 PM: Gentle Yoga* ■	1:30 - 2:45 PM: Gentle Yoga* ■	1:00 - 2:00 PM: Nutrition Workshop: Cancer Protective Nutrition ▲	1:00 - 2:00 PM: Nutrition Workshop: Cancer Protective Nutrition ▲	1:00 - 2:00 PM: Nutrition Workshop: Cancer Protective Nutrition ▲		
3:00 - 3:30 PM: Information Session	7:00 - 8:00 PM: Qigong for Sleep & Relaxation* ■				5:00 - 5:30 PM: Information Session	5:00 - 5:30 PM: Information Session	5:00 - 5:30 PM: Information Session		
					7:00 - 7:45 PM: Guided Meditation ☼	7:00 - 7:45 PM: Guided Meditation ☼	7:00 - 7:45 PM: Guided Meditation ☼		
27		28		29		30			
9:30 - 10:30 AM: Group Strength & Cardio* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:30 AM: Chair Yoga* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:30 AM: Chair Yoga* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:30 AM: Group Strength & Stretch* ■		
11:00 AM - 12:00 PM: Mindfulness Meditation ☼	1:30 - 2:30 PM: Beginner's Group Strength & Stretch* ■	10:30 AM - 12:00 PM: Inspired Conversations: Healthy Communication Part 2●	10:30 AM - 12:00 PM: Inspired Conversations: Healthy Communication Part 2●	10:30 AM - 12:00 PM: Inspired Conversations: Healthy Communication Part 2●	1:00 - 2:30 PM: Cooking Class: Delicious & Easy Ways to Incorporate Beans & Lentils ▲	1:00 - 2:30 PM: Cooking Class: Delicious & Easy Ways to Incorporate Beans & Lentils ▲	1:00 - 2:30 PM: Cooking Class: Delicious & Easy Ways to Incorporate Beans & Lentils ▲		
1:30 - 2:30 PM: Restorative Yoga* ■	5:00 - 5:30 PM: Gratitude Meditation ☼	1:30 - 2:45 PM: Gentle Yoga* ■	1:30 - 2:45 PM: Gentle Yoga* ■	1:30 - 2:45 PM: Gentle Yoga* ■	5:00 - 5:30 PM: Information Session	5:00 - 5:30 PM: Information Session	5:00 - 5:30 PM: Information Session		
3:00 - 3:30 PM: Information Session	7:00 - 8:00 PM: Qigong for Sleep & Relaxation* ■				7:00 - 7:45 PM: Guided Meditation ☼	7:00 - 7:45 PM: Guided Meditation ☼	7:00 - 7:45 PM: Guided Meditation ☼		
5:30 - 7:00 PM: Self-Care for Support People ●									
▲ Nutrition	■ Exercise (Pre-consultation required)	● Self-Care Workshop	❖ Education Session	☼ Stress Reduction					

Contact us today to get started with an information session or program, or to book an individual session with a Supportive Care Physician, Registered Dietitian, Exercise Therapist, or Clinical Counsellor.

Toll-free:
1.888.734.7125

E-mail:
info@inspirehealth.ca

Register Online:
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