InspireHealth
Supportive Cancer Care

Online Classes & Programs Schedule

Register for online classes at https://www.inspirehealth.ca

July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Canada Day: InspireHealth Closed
4	**5**	**6**	**7**	**8**
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 - 10:45 AM: Gentle Yoga* ■
11:00 AM - 12:00 PM: Mindfulness Meditation ⌘	11:00 AM - 12:00 PM: Nutrition Learning: Budgeting Time & Money for Nutrition ▲	10:30 AM - 12:00 PM: Inspired Conversations: Listening to Your Body ●	1:00 - 2:30 PM: Cooking Class: Fun Meals for Camping ▲	11:00 - 11:30 AM: Orientation Session
1:30 - 2:30 PM: Restorative Yoga* ■	1:30 - 2:30 PM: Beginner's Group Strength & Stretch* ■	1:30 - 2:45 PM: Gentle Yoga* ■	5:00 - 5:30 PM: Orientation Session	
3:00 - 3:30 PM: Orientation Session	5:00 - 5:30 PM: Gratitude Meditation ⌘		7:00 - 7:45 PM: Guided Meditation ⌘	
	7:00 - 8:00 PM: Qigong for Sleep & Relaxation* ■			
11	**12**	**13**	**14**	**15**
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 - 10:45 AM: Gentle Yoga* ■
11:00 AM - 12:00 PM: Mindfulness Meditation ⌘	11:00 AM - 12:00 PM: Nutrition Learning: Nutrition-Related Side Effects of Treatment: Supporting Digestion ▲	10:30 AM - 12:00 PM: Inspired Conversations: Exploring Emotions ●	11:00 AM - 12:30 PM: Lymphedema Education Session ❖	11:00 - 11:30 AM: Orientation Session
1:30 - 2:30 PM: Restorative Yoga* ■	1:30 - 2:30 PM: Beginner's Group Strength & Stretch* ■	1:30 - 2:45 PM: Gentle Yoga* ■	1:00 - 2:30 PM: Cooking Class: Refreshing Summer Drinks ▲	
3:00 - 3:30 PM: Orientation Session	5:00 - 5:30 PM: Gratitude Meditation ⌘		5:00 - 5:30 PM: Orientation Session	
	7:00 - 8:00 PM: Qigong for Sleep & Relaxation* ■		7:00 - 7:45 PM: Guided Meditation ⌘	
18	**19**	**20**	**21**	**22**
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 - 10:45 AM: Gentle Yoga* ■
11:00 AM - 12:00 PM: Mindfulness Meditation ⌘	11:00 AM - 12:00 PM: Nutrition Learning: Balancing Blood Sugars ▲	10:30 AM - 12:00 PM: Inspired Conversations: Building Resilience ●	11:00 AM - 12:30 PM: Breast Cancer Rehabiliation Education Session ❖	11:00 - 11:30 AM: Orientation Session
1:30 - 2:30 PM: Restorative Yoga* ■	1:30 - 2:30 PM: Beginner's Group Strength & Stretch * ■	1:30 - 2:45 PM: Gentle Yoga* ■	1:00 - 2:30 PM: Cooking Class: Nourishing Bowls & Dressings ▲	
3:00 - 3:30 PM: Orientation Session	5:00 - 5:30 PM: Gratitude Meditation ⌘		5:00 - 5:30 PM: Orientation Session	
	7:00 - 8:00 PM: Qigong for Sleep & Relaxation* ■		7:00 - 7:45 PM: Guided Meditation ⌘	
25	**26**	**27**	**28**	**29**
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 - 10:45 AM: Gentle Yoga* ■
11:00 AM - 12:00 PM: Mindfulness Meditation ⌘	11:00 AM - 12:00 PM: Nutrition Learning: Cancer-Protective Nutrition ▲	10:30 AM - 12:00 PM: Inspired Conversations: Relaxation & Visualization ●	1:00 - 2:30 PM: Cooking Class: Plant-Based Filling Lunches ▲	11:00 - 11:30 AM: Orientation Session
1:30 - 2:30 PM: Restorative Yoga* ■	1:30 - 2:30 PM: Beginner's Group Strength & Stretch* ■	1:30 - 2:45 PM: Gentle Yoga* ■	5:00 - 5:30 PM: Orientation Session	
3:00 - 3:30 PM: Orientation Session	5:00 - 5:30 PM: Gratitude Meditation ⌘		7:00 - 7:45 PM: Guided Meditation ⌘	
5:30 - 7:00 PM: Self-Care for Support People ●	7:00 - 8:00 PM: Qigong for Sleep & Relaxation* ■			

▲ 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:
www.inspirehealth.ca