InspireHealth
Supportive Cancer Care

Online Classes & Programs Schedule

Register for online classes at inspirehealth.ca

September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	**2**
			9:30 - 10:30 AM: Group Strength & Stretch* ■	9:30 - 10:45 AM: Gentle Yoga* ■
			1:00 - 2:30 PM: Cooking Class: Alternative High Protein Breakfasts ▲	11:00 - 11:30 AM: Orientation Session
			5:00 - 5:30 PM: Orientation Session	
			7:00 - 7:45 PM: Guided Meditation ⌘	
5	**6**	**7**	**8**	**9**
Labour Day - InspireHealth Closed	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: Nutrition Workshop: Cancer-Protective Nutrition ▲	10:30 AM - 12:00 PM: Inspired Conversations: Making Friends with Your Mind ●	11:00 AM - 12:30 PM: Lymphedema Information Session❖	11:00 - 11:30 AM: Orientation Session
	1:30 - 2:30 PM: Beginner's Group Strength & Stretch* ■	1:30 - 2:45 PM: Gentle Yoga* ■	1:00 - 2:30 PM: Cooking Class: Lebanese Inspired Plant-Based Meals ▲	
	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 ⌘	
12	**13**	**14**	**15**	**16**
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: Monday Morning Mindfulness Meditation ⌘	11:00 AM- 12:00 PM: Nutrition Workshop: Supporting Your Gut Health▲	10:30 AM - 12:00 PM: Inspired Conversations: Introduction to Self-Compassion (Part 1) ●	11:00 AM - 12:30 PM: Breast Cancer Rehabilitation 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: Tofu Four Ways ▲	
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 ⌘	
19	**20**	**21**	**22**	**23**
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: Monday Morning Mindfulness Meditation ⌘	11:00 AM - 12:00 PM: Nutrition Workshop: Mindful Eating ▲	10:30 AM - 12:00 PM: Inspired Conversations: Introduction to Self-Compassion (Part 2) ●	1:00 - 2:30 PM: Cooking Class: Cold Soups & Simple Suppers ▲	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* ■			
26	**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 - 10:45 AM: Gentle Yoga* ■
11:00 AM - 12:00 PM: Monday Morning Mindfulness Meditation ⌘	11:00 AM- 12:00 PM: Nutrition Workshop: Nourishing Self-Care: How Stress & Nutrition Connect ▲	10:30 AM - 12:00 PM: Inspired Conversations: Joy & Passion ●	1:00 - 2:30 PM: Cooking Class: Muffin Tin Recipes▲	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 Workshop 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