

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	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: Nutrition Tips to Manage Energy, Appetite, Taste, & Smell Changes During Treatment ▲	10:30 AM - 12:00 PM: Inspired Conversations: Building Resilience ●	1:00 - 2:30 PM: Cooking Class: Alternative Sweetener Snacks & Treats ▲	11:00 - 11:30 AM: Orientation Session
	1:30 - 2:30 PM: Beginner's Group Strength & Stretch* ■	1:30 - 2:45 PM: Gentle Yoga* ■	5:00 - 5:30 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* ■			
7	8	9	10	11
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* ■	Remembrance Day - InspireHealth Closed
11:00 AM - 12:00 PM: Mindfulness Meditation ☸	11:00 AM - 12:00 PM: Nutrition Workshop: Cancer-Protective Nutrition ▲	10:30 AM - 12:00 PM: Inspired Conversations: Exploring & Caring for Your Emotions ●	11:00 AM - 12:30 PM: Lymphedema Education 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: Tasty Tempeh ▲	
3:00 - 3:30 PM: Orientation Session	5:00 - 5:30 PM: Gratitude Meditation ☸		5:00 - 5:30 PM: Orientation Session	
5:00 - 6:00 PM: Pelvic Floor Education Session ◆	7:00 - 8:00 PM: Qigong for Sleep & Relaxation* ■		7:00 - 7:45 PM: Guided Meditation ☸	
14	15	16	17	18
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 Workshop: Encouraging Kindness: Normalizing Emotional Eating ▲	10:30 AM - 12:00 PM: Inspired Conversations: Relaxation & Visualization ●	11:00 AM - 12:30 PM: Breast Cancer Surgery Rehabilitation 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: More Lentil Recipes! ▲	
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 ☸	
21	22	23	24	25
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 Workshop: Supporting Your Gut Health ▲	10:30 AM - 12:00 PM: Inspired Conversations: Yoga & Art ●	1:00 - 2:30 PM: Cooking Class: Warming Fall Veggie Dishes & Salads ▲	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* ■			
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* ■		
11:00 AM - 12:00 PM: 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: Cultivating Gratitude ●		
1:30 - 2:30 PM: Restorative Yoga* ■	1:00 - 2:00 PM: Creating Through Cancer ●	1:30 - 2:45 PM: Gentle Yoga* ■		
3:00 - 3:30 PM: Orientation Session	1:30 - 2:30 PM: Beginner's Group Strength & Stretch* ■			
5:30 - 7:00 PM: Self-Care Workshop for Support People ●	5:00 - 5:30 PM: Gratitude Meditation ☸			
	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

Registered Online:
www.inspirehealth.ca