

# InspireHealth

Supportive Cancer Care



**We're here to support you through cancer.**

Your journey to better health and well-being during cancer starts with InspireHealth. For over 25 years, we have provided life-changing supportive care programs and services to help you and your family through cancer. We provide support in the areas of stress and mental health counselling; managing treatment side-effects; nutrition support & education; exercise therapy for better recovery; improving sleep and energy; and managing work, life, and relationships.

Getting started is easy. All one-on-one services and group programs are free of charge.

1.888.734.7125 | [www.inspirehealth.ca](http://www.inspirehealth.ca)

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## **We're here to support your physical, emotional, and spiritual well-being.**

Our team of counsellors, dietitians, exercise therapists, and supportive care physicians provide individualized and group support.

### **Our Programs**

#### Stress Reduction & Counselling

- Meditation
- Art Therapy
- Self-care Workshops

#### Nutrition Support

- Nutrition Learning
- Cooking Classes

#### Exercise & Movement Classes

- Strength & Stretch
- Cardio
- Yoga

#### Cancer Education

- Sleep and Cancer
- Breast Cancer Rehab
- Lymphedema and Pelvic Floor
- Sexual Health

### **LIFE Beyond Cancer**

**Take your first step to better health and wellness during cancer. Get started today.**



- All programs are free
- Register online or by phone.
- Services are available at our centres and virtually.

  
**InspireHealth**  
Supportive Cancer Care

Vancouver | Kelowna | Victoria | Online

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