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1 NEW YEARS DAY INSPIREHEALTH CLOSED	2  9:30–10:30 am: Strength & Stretch*  1:30–2:30 pm: Beginner's Strength & Stretch*  5:00–5:30 pm: Gratitude Meditation  7:00–8:00 pm: Qigong for Sleep & Relaxation*	3  9:30–10:30 am: Chair Yoga*  10:30 am–12:00 pm: Joy & Passion  12:00–1:00 pm In-Person: Walking Group (Vancouver & Victoria)*  1:30–2:45 pm: Gentle Yoga*	4  9:30–10:30 am: Strength & Stretch*  5:00–5:30 pm: Orientation Session  7:00–7:45 pm: Guided Meditation	5  9:30–10:45 am: Gentle Yoga*  11:00–11:30 am: Orientation Session
8  9:30–10:30 am: Strength & Cardio*  11:00 am–12:00 pm: Mindful Meditation  1:30–2:30 pm: Restorative Yoga*  3:00–3:30 pm: Orientation Session  6:00–7:15 pm: Hatha Yoga	9  9:30–10:30 am: Strength & Stretch*  11:00 am–12:00 pm: Mindful Eating  1:30–2:30 pm: Beginner's Strength & Stretch*  5:00–5:30 pm: Gratitude Meditation  7:00–8:00 pm: Qigong for Sleep & Relaxation*	10  9:30–10:30 am: Chair Yoga*  10:30 am–12:00 pm: Self-Compassion Part 1  1:30–2:45 pm: Gentle Yoga*	11  9:30–10:30 am: Strength & Stretch*  11:00 am–12:30 pm: Lymphedema Education Session  5:00–5:30 pm: Orientation Session  7:00–7:45 pm: Guided Meditation	12  9:30–10:45 am: Gentle Yoga*  11:00–11:30 am: Orientation Session
15  9:30–10:30 am: Strength & Cardio*  11:00 am–12:00 pm: Mindful Meditation  1:30–2:30 pm: Restorative Yoga*  3:00–3:30 pm: Orientation Session  6:00–7:15 pm: Hatha Yoga	16  9:30–10:30 am: Strength & Stretch*  11:00 am–12:00 pm: Cooking Class: Meals to Support Gut Health  1:30–2:30 pm: Beginner's Strength & Stretch*  5:00–5:30 pm: Gratitude Meditation  7:00–8:00 pm: Qigong for Sleep & Relaxation*	17  9:30–10:30 am: Chair Yoga*  10:30 am–12:00 pm: Self-Compassion Part 2  12:00–1:00 pm: In-Person: Walking Group (Vancouver & Victoria)*  1:30–2:45 pm: Gentle Yoga*	18  9:30–10:30 am: Strength & Stretch*  11:00 am–12:30 pm: Breast Cancer Education Session  1:00–2:00 pm: Cooking Class: Nourishing Bowls  5:00–5:30 pm: Orientation Session  7:00–7:45 pm: Guided Meditation	19  9:30–10:45 am: Gentle Yoga*  11:00–11:30 am: Orientation Session
22  9:30–10:30 am: Strength & Cardio*  11:00 am–12:00 pm: Mindful Meditation  1:30–2:30 pm: Restorative Yoga*  3:00–3:30 pm: Orientation Session  6:00–7:15 pm: Hatha Yoga	23  9:30–10:30 am: Strength & Stretch*  11:00 am–12:00 pm: Nutrition & Cancer 101  1:00–2:00 pm: Creating Through Cancer  1:30–2:30 pm: Beginner's Strength & Stretch*  5:00–5:30 pm: Gratitude Meditation  7:00–8:00 pm: Qigong for Sleep & Relaxation*	24  9:30–10:30 am: Chair Yoga*  10:30 am–12:00 pm: Relaxation & Visualization  1:30–2:45 pm: Gentle Yoga*	25  9:30–10:30 am: Strength & Stretch*  5:00–5:30 pm: Orientation Session  7:00–7:45 pm: Guided Meditation	26  9:30–10:45 am: Gentle Yoga*  11:00–11:30 am: Orientation Session
29  9:30–10:30 am: Strength & Cardio*  11:00 am–12:00 pm: Mindful Meditation  1:30–2:30 pm: Restorative Yoga*  3:00–3:30 pm: Orientation Session  5:30–7:00 pm: Self-care Workshop for Support People  6:00–7:15 pm: Hatha Yoga	30  9:30–10:30 am: Strength & Stretch*  11:00 am–12:00 pm: Eating Well During Treatment; Tips for Managing Side Effects  1:30–2:30 pm: Beginner's Strength & Stretch*  5:00–5:30 pm: Gratitude Meditation  7:00–8:00 pm: Qigong for Sleep & Relaxation*	31  9:30–10:30 am: Chair Yoga*  10:30 am–12:00 pm: Cultivating Gratitude  12:00–1:00 pm In-Person: Walking Group (Vancouver & Victoria)*  1:30–2:45 pm: Gentle Yoga*		

 Self-Care Workshop
  Exercise*
  Nutrition
  Stress-Reduction
  Education Session

*Individualized assessments required prior to exercise classes.

Contact us to get started today!

Individual appointments are available with Physicians, Dietitians, Exercise Therapists, and Counsellors. Register Online
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