

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; managing work, life, and relationships; and more.

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

Get Started Today
1.888.734.7125 | www.inspirehealth.ca

Individualized Support with Our Team of:

- Counsellors
- Dietitians
- Exercise Therapists
- Supportive Care Physicians

Group Programs:

Stress Reduction & Counselling

- Meditation
- Art Therapy
- Self-care Workshops

Nutrition Support

- Nutrition Learning
- Cooking Classes

Exercise & Movement Classes

- Strength & Stretch
- Cardio
- Yoga
- Qigong

Cancer Education

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



Multi-Session Programs:

- LIFE Program - Foundations of Supportive Care
- LIFE Beyond Cancer
- Mindful Based Stress Reduction (MBSR)

**All programs are free.
Register online or by phone.**

Services are available at our centres and online.


InspireHealth
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Vancouver | Kelowna | Victoria | Online

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