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				<p>1</p> <p> 9:30–10:30 am: Gentle Yoga*</p> <p> 11:00–11:30 am: Orientation Session</p>
<p>4</p> <p> 9:30–10:30 am: Strength & Cardio*</p> <p> 11:00 am–12:00 pm: Mindfulness Meditation</p> <p> 1:30–2:30 pm: Restorative Yoga*</p> <p> 3:00–3:30 pm: Orientation Session</p> <p> 6:00–7:15 pm: Hatha Yoga*</p>	<p>5</p> <p> 9:30–10:30 am: Strength & Stretch*</p> <p> 11:00 am–12:00 pm: Encouraging Kindness; Normalizing Emotional Eating</p> <p> 1:30–2:30 pm: Beginner's Strength & Stretch*</p> <p> 5:00–5:30 pm: Gratitude Meditation</p> <p> 7:00–8:00 pm: Qigong for Sleep & Relaxation*</p>	<p>6</p> <p> 9:30–10:30 am: Chair Yoga*</p> <p> 10:30 am–12:00 pm: Navigating Change, Grief & Loss</p> <p> 1:30–2:45 pm: Gentle Yoga*</p>	<p>7</p> <p> 9:30–10:30 am: Strength & Stretch*</p> <p> 1:00–2:30 pm: In-Person Casserole Cooking Class</p> <p> 5:00–5:30 pm: Orientation Session</p> <p> 7:00–7:45 pm: Guided Meditation</p>	<p>8</p> <p> 9:30–10:30 am: Gentle Yoga*</p> <p> 11:00–11:30 am: Orientation Session</p>
<p>11</p> <p> 9:30–10:30 am: Strength & Cardio*</p> <p> 11:00 am–12:00 pm: Mindfulness Meditation</p> <p> 1:30–2:30 pm: Restorative Yoga*</p> <p> 3:00–3:30 pm: Orientation Session</p> <p> 5:00–6:00 pm: Pelvic Floor Education Session</p> <p> 6:00–7:15 pm: Hatha Yoga*</p>	<p>12</p> <p> 9:30–10:30 am: Strength & Stretch*</p> <p> 11:00 am–12:00 pm: Supporting Your Gut Health</p> <p> 1:30–2:30 pm: Beginner's Strength & Stretch*</p> <p> 5:00–5:30 pm: Gratitude Meditation</p> <p> 7:00–8:00 pm: Qigong for Sleep & Relaxation*</p>	<p>13</p> <p> 9:30–10:30 am: Chair Yoga*</p> <p> 10:30 am–12:00 pm: Cultivating Gratitude</p> <p> 12:00–1:00 pm: In-Person: Walking Group (Vancouver & Victoria)*</p> <p> 1:30–2:45 pm: Gentle Yoga*</p>	<p>14</p> <p> 9:30–10:30 am: Strength & Stretch*</p> <p> 11:00 am–12:30 pm: Lymphedema Education Session</p> <p> 1:00–2:30 pm: Cooking With Canned Fish</p> <p> 5:00–5:30 pm: Orientation Session</p> <p> 7:00–7:45 pm: Guided Meditation</p>	<p>15</p> <p> 9:30–10:30 am: Gentle Yoga*</p> <p> 11:00–11:30 am: Orientation Session</p>
<p>18</p> <p> 9:30–10:30 am: Strength & Cardio*</p> <p> 11:00 am–12:00 pm: Mindfulness Meditation</p> <p> 1:30–2:30 pm: Restorative Yoga*</p> <p> 3:00–3:30 pm: Orientation Session</p> <p> 6:00–7:15 pm: Hatha Yoga*</p>	<p>19</p> <p> 9:30–10:30 am: Strength & Stretch*</p> <p> 11:00 am–12:00 pm: Nutrition & Cancer 101</p> <p> 1:30–2:30 pm: Beginner's Strength & Stretch*</p> <p> 5:00–5:30 pm: Gratitude Meditation</p> <p> 7:00–8:00 pm: Qigong for Sleep & Relaxation*</p>	<p>20</p> <p> 9:30–10:30 am: Chair Yoga*</p> <p> 10:30 am–12:00 pm: Exploring & Caring For Your Emotions</p> <p> 1:30–2:45 pm: Gentle Yoga*</p>	<p>21</p> <p> 9:30–10:30 am: Strength & Stretch*</p> <p> 11:00 am–12:30 pm: Breast Cancer Rehabilitation Education</p> <p> 5:00–5:30 pm: Orientation Session</p> <p> 7:00–7:45 pm: Guided Meditation</p>	<p>22</p> <p> 9:30–10:30 am: Gentle Yoga*</p> <p> 11:00–11:30 am: Orientation Session</p>
<p>25</p> <p> 9:30–10:30 am: Strength & Cardio*</p> <p> 11:00 am–12:00 pm: Mindfulness Meditation</p> <p> 1:30–2:30 pm: Restorative Yoga*</p> <p> 3:00–3:30 pm: Orientation Session</p> <p> 5:30–7:00 pm: Self-Care Workshop for Support People</p> <p> 6:00–7:15 pm: Hatha Yoga*</p>	<p>26</p> <p> 9:30–10:30 am: Strength & Stretch*</p> <p> 1:00–2:00 pm: Creating Through Cancer</p> <p> 1:30–2:30 pm: Beginner's Strength & Stretch*</p> <p> 5:00–5:30 pm: Gratitude Meditation</p> <p> 7:00–8:00 pm: Qigong for Sleep & Relaxation*</p>	<p>27</p> <p> 9:30–10:30 am: Chair Yoga*</p> <p> 12:00–1:00 pm: In-Person: Walking Group (Vancouver & Victoria)*</p> <p> 1:30–2:45 pm: Gentle Yoga*</p>	<p>28</p> <p> 9:30–10:30 am: Strength & Stretch*</p> <p> 5:00–5:30 pm: Orientation Session</p> <p> 7:00–7:45 pm: Guided Meditation</p>	<p>29</p> <p>GOOD FRIDAY – INSPIREHEALTH CLOSED</p> <p>Online Schedule:</p> 

 Self-Care Workshop

 Exercise*

 Nutrition

 Stress-Reduction

 Education Session

*Individualized assessments required prior to exercise classes.

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