



Free online and in-person programs to support cancer patients' physical and emotional health.
All services and programming are FREE of charge. Unless specified, classes are offered virtually.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</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>2</p> <p> 9:30-10:30 am: Strength & Stretch*</p> <p> 11:00 am-12:00 pm: How Stress & Nutrition Connect (Vancouver) </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>3</p> <p> 9:30-10:30 am: Chair Yoga*</p> <p> 10:30 am-12:00 pm: Introduction to Mindfulness</p> <p> 1:30-2:45 pm: Gentle Yoga*</p>	<p>4</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> 7:00-8:30 pm: BRCA in BC Support Group</p>	<p>5</p> <p> 9:30-10:30 am: Gentle Yoga*</p> <p> 11:00-11:30 am: Orientation Session</p>
<p>8</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>9</p> <p> 9:30-10:30 am: Strength & Stretch*</p> <p> 9:00 am-3:30 pm: InspireHealth LIFE Program (Kamloops) </p> <p> 11:00 am-12:00 pm: Cooking with Probiotic Foods (Vancouver) </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>10</p> <p> 9:30-10:30 am: Chair Yoga*</p> <p> 9:30 am-3:30 pm: InspireHealth LIFE Program (Kamloops) </p> <p> 10:30 am-12:00 pm: Creativity for Self-Care</p> <p> 12:00-1:00 pm: Walking Group (Vancouver & Victoria)* </p> <p> 1:30-2:45 pm: Gentle Yoga*</p>	<p>11</p> <p> 9:30-10:30 am: Strength & Stretch*</p> <p> 11:00 am-12:30 pm: Lymphedema Education Session</p> <p> 5:00-5:30 pm: Orientation Session</p> <p> 7:00-7:45 pm: Guided Meditation</p>	<p>12</p> <p> 9:30-10:30 am: Gentle Yoga*</p> <p> 11:00-11:30 am: Orientation Session</p>
<p>15</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>16</p> <p> 9:30-10:30 am: Strength & Stretch*</p> <p> 11:00 am-12:00 pm: Tips for Food Budgeting (Vancouver) </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>17</p> <p> 9:30-10:30 am: Chair Yoga*</p> <p> 10:30 am-12:00 pm: Spirit & Well-Being</p> <p> 1:30-2:45 pm: Gentle Yoga*</p>	<p>18</p> <p> 9:30-10:30 am: Strength & Stretch*</p> <p> 11:00 am-12:30 pm: Sexual Well-Being & Cancer</p> <p> 1:00-2:30 pm: Healthy Snacks on the Go</p> <p> 5:00-5:30 pm: Orientation Session</p> <p> 7:00-7:45 pm: Guided Meditation</p> <p> 7:00-8:30 pm: BRCA in BC Education Session</p>	<p>19</p> <p> 9:30-10:30 am: Gentle Yoga*</p> <p> 11:00-11:30 am: Orientation Session</p>
<p>22</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>23</p> <p> 9:30-10:30 am: Strength & Stretch*</p> <p> 11:00 am-12:00 pm: Nutrition & Cancer 101 (Vancouver) </p> <p> 1:30-2:30 pm: Beginner's Strength & Stretch*</p> <p> 1:00-2:00 pm: Creating Through Cancer</p> <p> 5:00-5:30 pm: Gratitude Meditation</p> <p> 7:00-8:00 pm: Qigong for Sleep & Relaxation*</p>	<p>24</p> <p> 9:30-10:30 am: Chair Yoga*</p> <p> 12:00-1:00 pm: Walking Group (Vancouver & Victoria)* </p> <p> 1:00-4:00 pm: LIFE Beyond Cancer</p> <p> 1:30-2:45 pm: Gentle Yoga*</p>	<p>25</p> <p> 9:30-10:30 am: Strength & Stretch*</p> <p> 1:00-2:30 pm: Casserole Cooking Class (Vancouver) </p> <p> 1:30-3:00 pm: Yoga & Art*</p> <p> 5:00-5:30 pm: Orientation Session</p> <p> 7:00-7:45 pm: Guided Meditation</p>	<p>26</p> <p> 9:30-10:30 am: Gentle Yoga*</p> <p> 11:00-11:30 am: Orientation Session</p>
<p>29</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>30</p> <p> 9:30-10:30 am: Strength & Stretch*</p> <p> 11:00 am-12:00 pm: Cancer Protective Nutrition (Vancouver) </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>	<div style="background-color: #f4a460; padding: 10px; border-radius: 10px;"> <p>As a non-profit, we rely on donations to provide free supportive cancer care for patients and their families.</p> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>Donate Now:</p>  </div> <div style="text-align: center;"> <p>Book Now:</p>  </div> </div>		

Orientation Session

Education

Exercise

Nutrition

Self-Care & Stress-Reduction

Contact us to get started today!

Individual appointments available with Physicians, Dietitians, Exercise Therapists, & Counsellors.

Register Online: inspirehealth.ca | Toll-free: 1.888.734.7125 | Email: info@inspirehealth.ca