

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
		<b>1</b> 9:30-10:30 am: Chair Yoga* 10:30 am-12:00 pm: Joy & Passion 1:00-4:00 pm: LIFE Beyond Cancer 1:30-2:45 pm: Gentle Yoga*	<b>2</b> 9:30-10:30 am: Strength & Stretch* 5:00-5:30 pm: Orientation Session 7:00-7:45 pm: Guided Meditation 7:00-8:30 pm: BRCA in BC Support Group	<b>3</b> 9:30-10:30 am: Gentle Yoga* 11:00-11:30 am: Orientation Session
<b>6</b> 9:30-10:30 am: Strength & Cardio* 11:00 am-12:00 pm: Mindfulness Meditation 1:30-2:30 pm: Restorative Yoga* 3:00-3:30 pm: Orientation Session 6:00-7:15 pm: Hatha Yoga*	<b>7</b> 9:30-10:30 am: Strength & Stretch* 11:00 am-12:00 pm: Cooking Class: Tempeh 101 (Vancouver) 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*	<b>8</b> 9:30-10:30 am: Chair Yoga* 10:30 am-12:00 pm: Self-Compassion Part 1 12:00-1:00 pm: Walking Group (Vancouver & Victoria)* 1:00-4:00 pm: LIFE Beyond Cancer 1:30-2:45 pm: Gentle Yoga*	<b>9</b> 9:30-10:30 am: Strength & Stretch* 5:00-5:30 pm: Orientation Session 7:00-7:45 pm: Guided Meditation	<b>10</b> 9:30-10:30 am: Gentle Yoga* 11:00-11:30 am: Orientation Session
<b>13</b> 9:30-10:30 am: Strength & Cardio* 11:00 am-12:00 pm: Mindfulness Meditation 1:30-2:30 pm: Restorative Yoga* 3:00-3:30 pm: Orientation Session 6:00-7:15 pm: Hatha Yoga*	<b>14</b> 9:30-10:30 am: Strength & Stretch* 11:00 am-12:00 pm: Balancing Blood Sugars (Vancouver) 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*	<b>15</b> 9:30-10:30 am: Chair Yoga* 10:30 am-12:00 pm: Self-Compassion Part 2 1:00-4:00 pm: LIFE Beyond Cancer 1:30-2:45 pm: Gentle Yoga*	<b>16</b> 9:30-10:30 am: Strength & Stretch* 11:00 am-12:30 pm: Breast Cancer Education Session 1:00-2:30 pm: Cooking Class: Power Salads (Vancouver) 5:00-5:30 pm: Orientation Session 7:00-7:45 pm: Guided Meditation 7:00-8:30 pm: BRCA in BC Education Session	<b>17</b> 9:30-10:30 am: Gentle Yoga* 11:00-11:30 am: Orientation Session
<b>20</b> Victoria Day — InspireHealth Closed	<b>21</b> 9:30-10:30 am: Strength & Stretch* 11:00 am-12:00 pm: Nutrition & Cancer 101 (Vancouver) 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*	<b>22</b> 9:30-10:30 am: Chair Yoga* 10:30 am-12:00 pm: Relaxation & Visualization 12:00-1:00 pm: Walking Group (Vancouver)* 1:30-2:45 pm: Gentle Yoga*	<b>23</b> 9:30-10:30 am: Strength & Stretch* 11:00 am-12:30 pm: Sexual Well-Being & Cancer 1:00-2:30 pm: Casserole Cooking Class (Vancouver & Kelowna) 5:00-5:30 pm: Orientation Session 7:00-7:45 pm: Guided Meditation	<b>24</b> 9:30-10:30 am: Gentle Yoga* 11:00-11:30 am: Orientation Session
<b>27</b> 9:30-10:30 am: Strength & Cardio* 11:00 am-12:00 pm: Mindfulness 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*	<b>28</b> 9:30-10:30 am: Strength & Stretch* 11:00 am-12:00 pm: Tips to Manage Energy, Appetite & Taste/Smell Changes During Treatment (Vancouver) 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*	<b>29</b> 9:30-10:30 am: Strength & Stretch* 9:30-3:30 pm: InspireHealth LIFE Program (Vancouver) 1:30-2:45 pm: Gentle Yoga*	<b>30</b> 9:30-10:30 am: Strength & Stretch* 9:30-3:30 pm: InspireHealth LIFE Program (Vancouver) 5:00-5:30 pm: Orientation Session 7:00-7:45 pm: Guided Meditation	<b>30</b> 9:30-10:30 am: Gentle Yoga* 11:00-11:30 am: Orientation Session

**Donate Now:**

**Book Now:**

As a non-profit, we rely on donations to provide free supportive cancer care for patients and their families.

\*Individualized assessments required prior to exercise classes. Virtual & In-Person In-Person Only

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