

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>*CANADA DAY* INSPIREHEALTH CLOSED</p>	<p>2</p> <p> 9:30-10:30 am: Strength & Stretch*</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> 9:00-10:00 am: Walking Group (Victoria)* </p> <p> 9:00-9:45 am: Luk Tung Kuen (Vancouver)* </p> <p> 10:00-11:00 am: Chair Yoga*</p> <p> 10:30 am-12:00 pm: Creativity for Self-Care</p> <p> 1:30-2:45 pm: Gentle Yoga*</p>	<p>4</p> <p> 9:30-10:30 am: Strength & Stretch*</p> <p> 11:00-12:30 pm: Sexual Wellbeing & Cancer</p> <p> 5:00-5:30 pm: Orientation Session</p> <p> 7:00-7:45 pm: Guided Meditation</p>	<p>5</p> <p> 9:00-10:00 am: Walking Group (Vancouver)* </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> 11:00 am-12:00 pm: Nutrition & Cancer 101 (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> 9:00-10:00 am: Walking Group (Victoria)* </p> <p> 9:00-9:45 am: Luk Tung Kuen (Vancouver)* </p> <p> 10:00-11:00 am: Chair Yoga*</p> <p> 1:30-2:45 pm: Gentle Yoga*</p>	<p>11</p> <p> 9:30-10:30 am: Strength & Stretch*</p> <p> 11:00-12:30 pm: Breast Cancer Rehabilitation 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> 9:00-10:00 am: Walking Group (Vancouver)* </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> 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> 9:00-10:00 am: Walking Group (Victoria)* </p> <p> 9:00-9:45 am: Luk Tung Kuen (Vancouver)* </p> <p> 10:00-11:00 am: Chair Yoga*</p> <p> 10:30 am-12:00 pm: Spirit & Wellbeing</p> <p> 1:30-2:45 pm: Gentle Yoga*</p>	<p>18</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>19</p> <p> 9:00-10:00 am: Walking Group (Vancouver)* </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: Cooking Demo Class: Cold Soup</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>24</p> <p> 9:00-10:00 am: Walking Group (Victoria)* </p> <p> 9:00-9:45 am: Luk Tung Kuen (Vancouver)* </p> <p> 10:00-11:00 am: Chair Yoga*</p> <p> 1:30-2:45 pm: Gentle Yoga*</p>	<p>25</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>26</p> <p> 9:00-10:00 am: Walking Group (Vancouver)* </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> 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>31</p> <p> 9:00-10:00 am: Walking Group (Victoria)* </p> <p> 9:00-9:45 am: Luk Tung Kuen (Vancouver)* </p> <p> 10:00-11:00 am: Chair Yoga*</p> <p> 1:30-2:45 pm: Gentle Yoga*</p>	<p> Orientation Session</p> <p> Exercise</p> <p> Education</p> <p> Nutrition</p> <p> Self-Care & Stress-Reduction</p> <p> In-Person Only</p> <p> Virtual & In-Person</p>	

*Individualized assessments required prior to exercise classes.

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