

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
	1 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*	2 10:00-11:00 am: Chair Yoga* 1:30-2:45 pm: Gentle Yoga*	3 9:30-10:30 am: Strength & Stretch* 5:00-5:30 pm: Orientation Session 7:00-7:45 pm: Guided Meditation	4 9:00-10:00 am: Walking Group (Vancouver)* 9:30-10:30 am: Gentle Yoga* 11:00-11:30 am: Orientation Session
7 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*	8 9:30-10:30 am: Strength & Stretch* 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*	9 10:00-11:00 am: Chair Yoga* 1:30-2:45 pm: Gentle Yoga*	10 9:30-10:30 am: Strength & Stretch* 5:00-5:30 pm: Orientation Session 7:00-7:45 pm: Guided Meditation	11 9:00-10:00 am: Walking Group (Vancouver)* 9:30-10:30 am: Gentle Yoga* 11:00-11:30 am: Orientation Session
14 *THANKSGIVING DAY* INSPIREHEALTH CLOSED	15 9:30-10:30 am: Strength & Stretch* 11:00 am-12:00 pm: Nutrition Workshop -Supporting Your Gut Health (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*	16 9:00-9:45 am: Luk Tung Kuen (Vancouver)* 9:00-10:00 am: Walking Group (Victoria)* 10:00-11:00 am: Chair Yoga* 10:30 am-12:00 pm: Inspired Conversations: Joy and Passion 1:30-2:45 pm: Gentle Yoga*	17 9:30-10:30 am: Strength & Stretch* 11:00-12:30 pm: Lymphatic Health and Exercise Education Session 5:00-5:30 pm: Orientation Session 7:00-7:45 pm: Guided Meditation 7:00-8:30 pm: BRCA - Prophylactic Mastectomy and Breast Reconstruction	18 9:00-10:00 am: Walking Group (Vancouver)* 9:30-10:30 am: Gentle Yoga* 11:00-11:30 am: Orientation Session
21 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*	22 9:30-10:30 am: Strength & Stretch* 11:00 am-12:00 pm: Cooking Demonstration Class - Ancient Grain Snacks 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*	23 9:00-9:45 am: Luk Tung Kuen (Vancouver)* 9:00-10:00 am: Walking Group (Victoria)* 10:00-11:00 am: Chair Yoga* 10:30 am-12:00 pm: Inspired Conversations: Spirit and Wellbeing 1:30-2:45 pm: Gentle Yoga*	24 9:30-10:30 am: Strength & Stretch* 5:00-5:30 pm: Orientation Session 7:00-7:45 pm: Guided Meditation	25 9:30-10:30 am: Gentle Yoga* 11:00-11:30 am: Orientation Session
28 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*	29 9:30-10:30 am: Strength & Stretch* 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*	30 9:00-9:45 am: Luk Tung Kuen (Vancouver)* 9:00-10:00 am: Walking Group (Victoria)* 10:00-11:00 am: Chair Yoga* 1:30-2:45 pm: Gentle Yoga* 1:30-2:30 pm: Creative Arts (Vancouver)	31 9:30-10:30 am: Strength & Stretch* 1:00-2:30 pm: Cooking Class - Fermented Foods (Vancouver) 5:00-5:30 pm: Orientation Session 7:00-7:45 pm: Guided Meditation	

*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