

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 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6		
<p>*LABOUR DAY* INSPIREHEALTH CLOSED</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>9:00-9:45 am: Luk Tung Kuen (Vancouver)* </p> <p>9:00-10:00 am: Walking Group (Victoria)* </p> <p>10:00-11:00 am: Chair Yoga*</p> <p>1:30-2:45 pm: Gentle Yoga*</p>	<p>9:30-10:30 am: Strength & Stretch*</p> <p>11:00 am-12:00 pm: Exercise Foundations</p> <p>5:00-5:30 pm: Orientation Session </p> <p>7:00-7:45 pm: Guided Meditation </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>9</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 Information Session </p> <p>6:00-7:15 pm: Hatha Yoga* </p>	<p>10</p> <p>9:30-10:30 am: Strength & Stretch*</p> <p>11:00 am-12:00 pm: Nutrition Workshop - Supporting Your Immune System with 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>	<p>11</p> <p>9:00-9:45 am: Luk Tung Kuen (Vancouver)* </p> <p>9:00-10:00 am: Walking Group (Victoria)* </p> <p>10:00-11:00 am: Chair Yoga*</p> <p>10:30 am-12:00 pm: Exploring and Caring for Your Emotions </p> <p>1:30-2:45 pm: Gentle Yoga* </p>	<p>12</p> <p>9:30-10:30 am: Strength & Stretch*</p> <p>11:00-12:30 pm: Sexual Wellbeing and Cancer </p> <p>5:00-5:30 pm: Orientation Session </p> <p>7:00-7:45 pm: Guided Meditation </p>	<p>13</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>16</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>17</p> <p>9:30-10:30 am: Strength & Stretch*</p> <p>11:00 am-12:00 pm: Cooking Demonstration Class - Cooking with Ancient Grains </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>18</p> <p>9:00-9:45 am: Luk Tung Kuen (Vancouver)* </p> <p>9:00-10:00 am: Walking Group (Victoria)* </p> <p>10:00-11:00 am: Chair Yoga*</p> <p>1:30-2:45 pm: Gentle Yoga* </p>	<p>19</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>7:00-8:30 pm: BRCA Basics: Genetics, Risk and Risk Management </p>	<p>20</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>23</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>24</p> <p>9:30-10:30 am: Strength & Stretch*</p> <p>11:00 am-12:00 pm: Nutrition Workshop - Encouraging Kindness: Normalizing Emotional Eating </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>25</p> <p>9:00-9:45 am: Luk Tung Kuen (Vancouver)* </p> <p>9:00-10:00 am: Walking Group (Victoria)* </p> <p>10:00-11:00 am: Chair Yoga*</p> <p>10:30 am-12:00 pm: Inspired Conversations: Resilience </p> <p>1:30-2:45 pm: Gentle Yoga* </p>	<p>26</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>27</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>30</p> <p>*NATIONAL DAY OF TRUTH AND RECONCILIATION* INSPIREHEALTH CLOSED</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>	<p>As a non-profit, we rely on donations to provide free supportive cancer care for patients and their families. Visit inspirehealth.ca/give to donate today.</p>			<p>Donate Now</p>	<p>Book Now</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