

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

As a non-profit, we rely on donations to provide free supportive cancer care for patients and their families. Visit [inspirehealth.ca/give](https://inspirehealth.ca/give) to donate today.

## Tuesday

Donate Now



Book Now



## Wednesday

## Thursday

## Friday

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9:30 am - 3:30 pm: 2-Day LIFE Program - Vancouver

- 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
- 5:00-6:00 pm: Pelvic Floor Information Session
- 6:00-7:15 pm: Hatha Yoga\*

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- 9:30-10:30 am: Strength & Stretch\*
- 11:00 am-12:00 pm: Nutrition Workshop - 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\*

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- 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: Creativity for Self-Care
- 1:30-2:45 pm: Gentle Yoga\*

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- 9:30-10:30 am: Strength & Stretch\*
- 11:00 am-12:30 pm: Sexual Wellbeing & Cancer
- 5:00-5:30 pm: Orientation Session
- 7:00-7:45 pm: Guided Meditation

8

- 9:00-10:00 am: Walking Group (Vancouver)\*
- 9:30-10:30 am: Gentle Yoga\*
- 11:00-11:30 am: Orientation Session

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\*REMEMBRANCE DAY\*  
INSPIREHEALTH CLOSED

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- 9:30-10:30 am: Strength & Stretch\*
- 11:00 am-12:00 pm: Cooking Class - Healthy Baked Goods
- 11:00 am-12:30 pm: Art Therapy Workshop (Victoria)
- 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\*

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- 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\*

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- 9:30-10:30 am: Strength & Stretch\*
- 11:00-12:30 pm: Exercise Foundations
- 5:00-5:30 pm: Orientation Session
- 7:00-7:45 pm: Guided Meditation

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- 9:00-10:00 am: Walking Group (Vancouver)\*
- 9:30-10:30 am: Gentle Yoga\*
- 11:00-11:30 am: Orientation Session

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- 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\*

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- 9:30-10:30 am: Strength & Stretch\*
- 11:00 am-12:00 pm: Nutrition Workshop - Nourishing Self-Care: How Stress and Nutrition Connect
- 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\*

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- 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: Navigating Change, Grief and Loss
- 1:30-2:45 pm: Gentle Yoga\*

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- 9:30-10:30 am: Strength & Stretch\*
- 11:00-12:30 pm: Breast Cancer Rehabilitation Education Session
- 5:00-5:30 pm: Orientation Session
- 7:00-7:45 pm: Guided Meditation
- 7:00-8:30 pm: BRCA Support BC: More than hot flashes: Hormones and more

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- 9:00-10:00 am: Walking Group (Vancouver)\*
- 9:30-10:30 am: Gentle Yoga\*
- 11:00-11:30 am: Orientation Session

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- 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\*

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9:30 am - 3:30 pm: 2-Day LIFE Program - Kamloops

- 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\*

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- 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\*

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- 9:30-10:30 am: Strength & Stretch\*
- 1:00-2:30 pm: Cooking Class - Microgreens 101 (Vancouver)
- 5:00-5:30 pm: Orientation Session
- 7:00-7:45 pm: Guided Meditation

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- 9:00-10:00 am: Walking Group (Vancouver)\*
- 9:30-10:30 am: Gentle Yoga\*
- 11:00-11:30 am: Orientation Session

\*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](https://inspirehealth.ca) | Toll-free: 1.888.734.7125 | Email: [info@inspirehealth.ca](mailto:info@inspirehealth.ca)