



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>2</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>3</p> <p>9:30-10:30 am: Strength & Stretch*</p> <p>11:00 am-12:00 pm: Nutrition Workshop - 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>4</p> <p>9:30 am - 3:30 pm: 2-Day LIFE Program - Kelowna </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>1:00 - 3:00 pm: Creative Arts Workshop (Vancouver) </p> <p>1:30-2:45 pm: Gentle Yoga*</p>	<p>5</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>6</p> <p>9:30-10:00 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 am - 3:30 pm: 2-Day LIFE Program - Vancouver </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>10</p> <p>9:30-10:30 am: Strength & Stretch*</p> <p>11:00 am-12:00 pm: Cooking Class - Plant Based Celebration Meals</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>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: Inspired Conversations: Self-Compassion</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: Exercise & Lymphatic Health</p> <p>5:00-5:30 pm: Orientation Session</p> <p>7:00-7:45 pm: Guided Meditation</p>	<p>13</p> <p>9:30-10:00 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>5:30-7:00 pm: Self-Care Workshop for Support People</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: Nutrition Workshop - Tips for Food Budgeting - Both Time & Money (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>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>10:30 am-12:00 pm: Inspired Conversations: Healthy Communication</p> <p>1:30-2:45 pm: Gentle Yoga*</p>	<p>19</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>7:00-8:30 pm: BRCA Support BC: Pancreatic Cancer Risk</p>	<p>20</p> <p>9:30-10:00 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>6:00-7:15 pm: Hatha Yoga*</p>	<p>24</p> <p>9:30-10:30 am: Strength & Stretch*</p> <p>1:30-2:30 pm: Beginner's Strength & Stretch*</p>	<p>25</p> <p>*CHRISTMAS & BOXING DAY* INSPIREHEALTH CLOSED</p>		<p>27</p> <p>11:00-11:30 am: Orientation Session</p>
<p>30</p> <p>9:30-10:30 am: Strength & Cardio*</p> <p>11:00 am-12:00 pm: Mindfulness Meditation</p> <p>6:00-7:15 pm: Hatha Yoga*</p>	<p>31</p> <p>9:30-10:30 am: Strength & Stretch*</p> <p>11:00 am-12:00 pm: Nutrition Workshop - Cancer Protective nutrition (Vancouver) </p> <p>1:30-2:30 pm: Beginner's Strength & Stretch*</p>	<p>Donate Now</p>  <p>Book Now</p> 		

*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