

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

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.

Donate Now



Book Now



1
INSPIREHEALTH CLOSED

2
9:30-10:30 am: Strength & Stretch*
5:00-5:30 pm: Orientation Session
7:00-7:45 pm: Guided Meditation

3
9:30-10:30 am: Walking Group (Vancouver)*
9:30-10:30 am: Gentle Yoga*
11:00-11:30 am: Orientation Session
11:00 am-12:00 pm: Functional Movement*

6
9:30-10:30 am: Strength & Cardio*
11:00 am-12:00 pm: Mindfulness Meditation
3:00-3:30 pm: Orientation Session
6:00-7:15 pm: Hatha Yoga*

7
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*

8
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: Exploring & Caring for Your Emotions
1:30-2:45 pm: Gentle Yoga*

9
9:30-10:30 am: Strength & Stretch*
5:00-5:30 pm: Orientation Session
7:00-7:45 pm: Guided Meditation

10
9:30-10:30 am: Walking Group (Vancouver)*
9:30-10:30 am: Gentle Yoga*
11:00-11:30 am: Orientation Session
11:00 am-12:00 pm: Functional Movement*

13
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
3:00-3:30 pm: Orientation Session
6:00-7:15 pm: Hatha Yoga*

14
9:30-10:30 am: Strength & Stretch*
11:00 am-12:00 pm: Cooking Demo Class: Shakshuka
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*

15
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*

16
9:30-10:30 am: Strength & Stretch*
11:00 am-12:30 pm: Breast Cancer Rehab Education Session
5:00-5:30 pm: Orientation Session
7:00-7:45 pm: Guided Meditation
7:00-8:30 pm: BRCA Support BC: Carrier Stories: Surviving and Thriving

17
9:30-10:30 am: Walking Group (Vancouver)*
9:30-10:30 am: Gentle Yoga*
11:00-11:30 am: Orientation Session
11:00 am-12:00 pm: Functional Movement*

20
9:30-10:30 am: Strength & Cardio*
11:00 am-12:00 pm: Mindfulness Meditation
3:00-3:30 pm: Orientation Session
6:00-7:15 pm: Hatha Yoga*

21
9:30-10:30 am: Strength & Stretch*
11:00 am-12:00 pm: Nutrition Workshop: Balancing Blood Sugar (Vancouver)
1:30-2:30 pm: Beginner's Strength & Stretch*
1:00-2:00 pm: Creating through Cancer
5:00-5:30 pm: Gratitude Meditation
7:00-8:00 pm: Qigong for Sleep & Relaxation*

22
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: Resilience
1:30-2:45 pm: Gentle Yoga*

23
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

24
9:30-10:30 am: Walking Group (Vancouver)*
9:30-10:30 am: Gentle Yoga*
11:00-11:30 am: Orientation Session
11:00 am-12:00 pm: Functional Movement*

27
9:30-10:30 am: Strength & Cardio*
11:00 am-12:00 pm: Mindfulness Meditation
3:00-3:30 pm: Orientation Session
5:30-7:00 pm: Self-Care Workshop of Support People
6:00-7:15 pm: Hatha Yoga*

28
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*

29
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*

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

31
9:30-10:30 am: Walking Group (Vancouver)*
9:30-10:30 am: Gentle Yoga*
11:00-11:30 am: Orientation Session
11:00 am-12:00 pm: Functional Movement*

*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