

Free online and in-person programs to support cancer patients' physical and emotional health. All services and programming are FREE of charge. Classes are offered virtually, unless specified.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:30-10:30 am: Strength & Cardio*</p> <p>11:00 am-12:00 pm: Mindfulness Meditation</p> <p>3:00-3:30 pm: Orientation Session</p> <p>6:00-7:15 pm: Hatha Yoga*</p>	<p>4</p> <p>9:30 am - 3:30 pm: 2-Day LIFE Program - Kelowna</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>5</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 - Level 2*</p>	<p>6</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</p> <p>9:30-10:30 am: Walking Group (Vancouver)*</p> <p>9:30-10:45 am: Gentle Yoga - Level 1*</p> <p>11:00-11:30 am: Orientation Session</p> <p>11:00 am-12:00 pm: Functional Movement (Vancouver)*</p>
<p>10</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>3:00-3:30 pm: Orientation Session</p> <p>6:00-7:15 pm: Hatha Yoga*</p>	<p>11</p> <p>9:30-10:30 am: Strength & Stretch*</p> <p>11:00 am-12:00 pm: Cooking Demo: Wholesome Lunch Ideas</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>12</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: Spirit & Wellbeing</p> <p>1:30-2:45 pm: Gentle Yoga - Level 2*</p> <p>1:30-3:30 pm: Creative Art Workshop (Kelowna)</p>	<p>13</p> <p>9:30-10:30 am: Strength & Stretch*</p> <p>11:00 am-12:30 pm: Exercise & Lymphatic Health</p> <p>1:00-3:00 pm: Creative Art Workshop (Vancouver)</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: Sexual Health</p>	<p>14</p> <p>9:30-10:30 am: Walking Group (Vancouver)*</p> <p>9:30-10:45 am: Gentle Yoga - Level 1*</p> <p>11:00-11:30 am: Orientation Session</p> <p>11:00 am-12:00 pm: Functional Movement (Vancouver)*</p>
<p>17</p> <p>INSPIREHEALTH CLOSED</p>	<p>18</p> <p>9:30-10:30 am: Strength & Stretch*</p> <p>11:00 am-12:00 pm: Nutrition Workshop: Tips to Manage Energy, Appetite & more (Vancouver)</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>19</p> <p>9:00-9:45 am: Luk Tung Kuen (Vancouver)*</p> <p>10:00-11:00 am: Chair Yoga*</p> <p>10:30 am-12:00 pm: Inspired Conversations: Navigating Change, Grief & Loss</p> <p>1:30-2:45 pm: Gentle Yoga - Level 2*</p>	<p>20</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>21</p> <p>9:30-10:30 am: Walking Group (Vancouver)*</p> <p>9:30-10:45 am: Gentle Yoga - Level 1*</p> <p>11:00-11:30 am: Orientation Session</p> <p>11:00 am-12:00 pm: Functional Movement (Vancouver)*</p>
<p>24</p> <p>9:30-10:30 am: Strength & Cardio*</p> <p>11:00 am-12:00 pm: Mindfulness Meditation</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>25</p> <p>9:30 am - 3:30 pm: 2-Day LIFE Program - Victoria</p> <p>9:30-10:30 am: Strength & Stretch*</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>26</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 - Level 2*</p>	<p>27</p> <p>9:30-10:30 am: Strength & Stretch*</p> <p>1:00-2:30 pm: Cooking Demo: Soy Products (Vancouver)</p> <p>5:00-5:30 pm: Orientation Session</p> <p>7:00-7:45 pm: Guided Meditation</p>	<p>28</p> <p>9:30-10:30 am: Walking Group (Vancouver)*</p> <p>9:30-10:45 am: Gentle Yoga - Level 1*</p> <p>11:00-11:30 am: Orientation Session</p> <p>11:00 am-12:00 pm: Functional Movement (Vancouver)*</p>

Register Now



- Orientation Session Virtual & In-Person
- Education In-Person Only
- Exercise
- Nutrition
- Self-Care & Stress-Reduction

*Individualized assessments required prior to exercise classes.

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



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