

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:30-10:30 am: Strength & Cardio*</p> <p>11:00 am-12:00 pm: Mindfulness Meditation (Kamloops)  </p> <p>7:00-8:15 pm: Hatha Yoga*</p>	<p>2</p> <p>9:00 am-3:30 pm LIFE Program (Vancouver) </p> <p>9:30-10:30 am: Strength & Stretch*</p> <p>1:30-2:30 pm: Beginner's Strength & Stretch*</p> <p>1:30-2:30 pm: Cooking Demo – Buddha Bowl (Kamloops)  </p> <p>5:00-5:30 pm: Gratitude Meditation</p> <p>7:00-8:00 pm: Qigong for Sleep & Relaxation*</p>	<p>3</p> <p>9:00-9:45 am: Gentle Morning Movement (Vancouver, Kamloops, & Kelowna) </p> <p>10:00-11:00 am: Chair Yoga*</p> <p>1:30-2:30 pm: Strength & Cardio*</p>	<p>4</p> <p>9:30-10:30 am: Strength & Stretch*</p> <p>10:00-11:00 am: Walking Group (Kelowna)* </p> <p>7:00-7:45 pm: Guided Meditation</p>	<p>5</p> <p>9:00-10:00 am: Walking Group (Vancouver & Victoria)* </p> <p>9:30-10:45 am: Gentle Yoga - Level 1*</p> <p>11:00 am-12:30 pm: Coffee & Chat (Kamloops) </p>
<p>8</p> <p>9:30-10:30 am: Strength & Cardio*</p> <p>11:00 am-12:00 pm: Mindfulness Meditation (Kamloops)  </p> <p>7:00-8:15 pm: Hatha Yoga*</p>	<p>9</p> <p>9:30-10:30 am: Strength & Stretch*</p> <p>11:00 am-12:00 pm: Nutrition Tips to Manage Energy & Appetite Changes During Treatment (Kamloops)  </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>10</p> <p>9:00-9:45 am: Gentle Morning Movement (Vancouver, Kamloops, & Kelowna) </p> <p>10:00-11:00 am: Chair Yoga*</p> <p>10:30 am-12:00 pm: Inspired Conversations: Resilience</p> <p>1:30-2:30 pm: Strength & Cardio*</p>	<p>11</p> <p>9:30-10:30 am: Strength & Stretch*</p> <p>10:00-11:00 am: Walking Group (Kelowna)* </p> <p>2:00-3:30 pm: Simple Baking & Shared Stories (Vancouver) </p> <p>7:00-7:45 pm: Guided Meditation</p>	<p>12</p> <p>9:00-10:00 am: Walking Group (Vancouver & Victoria)* </p> <p>9:30-10:45 am: Gentle Yoga - Level 1*</p>
<p>15</p> <p>9:30-10:30 am: Strength & Cardio*</p> <p>11:00 am-12:00 pm: Mindfulness Meditation (Kamloops)  </p> <p>7:00-8:15 pm: Hatha Yoga*</p>	<p>16</p> <p>9:30-10:30 am: Strength & Stretch*</p> <p>11:00 am-12:00 pm: 營養與癌症 101 - Nutrition & Cancer 101 Workshop in Cantonese (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>17</p> <p>9:00-9:45 am: Gentle Morning Movement (Vancouver, Kamloops, & Kelowna) </p> <p>10:00-11:00 am: Chair Yoga*</p> <p>1:00-3:00 pm: Creative Arts Workshop (Vancouver) </p> <p>1:30-2:30 pm: Strength & Cardio*</p> <p>7:00-8:30 pm: BRCA Support BC: Finding Clarity in Decision-Making</p>	<p>18</p> <p>9:30-10:30 am: Strength & Stretch*</p> <p>10:00-11:00 am: Walking Group (Kelowna)* </p> <p>1:00-2:30 pm: Exercise & Lymphatic Health Education Session</p> <p>7:00-7:45 pm: Guided Meditation</p>	<p>19</p> <p>9:00-10:00 am: Walking Group (Vancouver & Victoria)* </p> <p>9:30-10:45 am: Gentle Yoga - Level 1*</p>
<p>22</p> <p>9:30-10:30 am: Strength & Cardio*</p> <p>11:00 am-12:00 pm: Mindfulness Meditation</p> <p>7:00-8:15 pm: Hatha Yoga*</p>	<p>23</p> <p>9:00 am-3:30 pm LIFE Program (Kamloops) </p> <p>9:30-10:30 am: Strength & Stretch*</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>24</p> <p>9:00-9:45 am: Gentle Morning Movement (Vancouver, Kamloops, & Kelowna) </p> <p>10:00-11:00 am: Chair Yoga*</p> <p>10:30 am-12:00 pm: Inspired Conversations: Self-Compassion</p> <p>1:30-2:30 pm: Strength & Cardio*</p> <p>5:30-7:00 pm: Self-Care Workshop for Support People</p>	<p>25</p> <p>9:30-10:30 am: Strength & Stretch*</p> <p>10:00-11:00 am: Walking Group (Kelowna)* </p> <p>1:00-2:30 pm: Cooking Demo – Calcium Rich Summer Treats (Vancouver)  </p> <p>7:00-7:45 pm: Guided Meditation</p>	<p>26</p> <p>9:00-10:00 am: Walking Group (Vancouver & Victoria)* </p> <p>9:30-10:45 am: Gentle Yoga - Level 1*</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">  <i>In-Person</i>  <i>Virtual & In-Person</i> </div>
<p>29</p> <p>9:30-10:30 am: Strength & Cardio*</p> <p>11:00 am-12:00 pm: Mindfulness Meditation (Kamloops)  </p> <p>7:00-8:15 pm: Hatha Yoga*</p>	<p>30</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>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p>Get Started & Register Now!</p> <p>inspirehealth.ca 1.888.734.7125 info@inspirehealth.ca</p> </div> <div style="text-align: center;">  </div> <div style="text-align: center;"> <p>New to InspireHealth? Join an orientation session.</p> <ul style="list-style-type: none"> • Mondays @ 3:00 pm (Virtual) • Wednesdays @ 4:00 pm (Vancouver) • Thursdays @ 5:00 pm (Virtual) • Fridays @ 11:00 am (Virtual) </div> </div>		