



We're Here to Support You Through Cancer

Free Cancer Support for your Mind & Body

InspireHealth provides free support for cancer patients and their loved ones' physical and emotional health - right from diagnosis, through treatment and beyond.

Our team of supportive care physicians, exercise therapists, dietitians and counsellors offer life-changing support through one-on-one consultations and a variety of virtual and in-person classes & workshops.

*All services are FREE of charge.
No doctor referral is required.*

"InspireHealth has been a constant source of support, giving me tools, compassion, and connection during a time when I needed it most."

We provide support in the areas of:

- Stress and mental health counselling
- Managing treatment side-effects
- Nutrition support
- Exercise therapy for better recovery
- Improving sleep and energy
- Managing work, life, and relationships

Get Started Today!

Sign up for a 30 minute Orientation Session, register for an upcoming class, or book an appointment now.

Scan this code,
or visit inspirehealth.ca,



July 2026 Class Calendar

FREE classes to support the physical, mental, and emotional well-being of cancer patients and their loved one. Classes are offered virtually, unless specified.

*Individualized assessments required prior to exercise classes.

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Get Started & Register Now!</p> <p>inspirehealth.ca 1.888.734.7125 info@inspirehealth.ca</p>  <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) 			1	2	3
6	7	8	9	10	
<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>9:30-10:30 am: Strength & Stretch*</p> <p>11:00 am-12:00 pm: Nutrition Workshop - Managing Digestive Side Effects of Treatment (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>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>9:00-10:00 am: Walking Group (Kelowna)* 🧑🏻</p> <p>9:30-10:30 am: Strength & Stretch*</p> <p>7:00-7:45 pm: Guided Meditation</p>	<p>9:00-10:00 am: Walking Group (Vancouver)* 🧑🏻</p> <p>9:30-10:45 am: Gentle Yoga - Level 1*</p>	
13	14	15	16	17	
<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>9:00 am-3:30 pm LIFE Program (Vancouver) 🧑🏻</p> <p>9:30-10:30 am: Strength & Stretch*</p> <p>10:00-11:00 am: Cooking Demo - Summer Salad Bar with Homemade Dressing (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>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: Creativity for Well-being</p> <p>1:30-2:30 pm: Strength & Cardio*</p>	<p>9:00-10:00 am: Walking Group (Kelowna)* 🧑🏻</p> <p>9:30-10:30 am: Strength & Stretch*</p> <p>11:00 am-12:30 pm: Breast Cancer Rehabilitation Education Session</p> <p>7:00-7:45 pm: Guided Meditation</p>	<p>9:00-10:00 am: Walking Group (Vancouver & Victoria)* 🧑🏻</p> <p>9:30-10:45 am: Gentle Yoga - Level 1*</p>	
20	21	22	23	24	
<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>9:00 am-3:30 pm LIFE Program (Kamloops) 🧑🏻</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>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>9:00-10:00 am: Walking Group (Kelowna)* 🧑🏻</p> <p>9:30-10:30 am: Strength & Stretch*</p> <p>1:00-2:30 pm: Fatigue Management & Exercise Education Session</p> <p>7:00-7:45 pm: Guided Meditation</p>	<p>9:00-10:00 am: Walking Group (Vancouver & Victoria)* 🧑🏻</p> <p>9:30-10:45 am: Gentle Yoga - Level 1*</p>	
27	28	29	30	31	
<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>9:30-10:30 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>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: Navigating Change, Grief, & Loss</p> <p>1:30-2:30 pm: Strength & Cardio*</p> <p>5:30-7:00 pm: Self-Care Workshop for Support People</p>	<p>9:00-10:00 am: Walking Group (Kelowna)* 🧑🏻</p> <p>9:30-10:30 am: Strength & Stretch*</p> <p>1:00-2:30 pm: Cooking Demo - Refreshing Beverages (Vancouver) 🧑🏻📺</p> <p>7:00-7:45 pm: Guided Meditation</p>	<p>9:00-10:00 am: Walking Group (Vancouver & Victoria)* 🧑🏻</p> <p>9:30-10:45 am: Gentle Yoga - Level 1*</p>	

🧑🏻 In-Person
🧑🏻📺 Virtual & In-Person

Contact Us Today!