



CLASS DESCRIPTIONS

LIFE Program

This program represents InspireHealth's commitment to honor the whole person on their healing journey and to support the ways in which the mind, body and soul can contribute to healing.

The program is free to InspireHealth members.

The membership fee for the patient is \$445.

Bursaries are available for those cancer patients in need of financial assistance.

The cost for a support person is \$95

and—in addition to the invaluable preventative and LIFE Program info—the full 2 days also includes a folder of “support” information, participation in a care-giver support group, and lunch on both days.

2012 LIFE Program (LP) Schedule:

Jan 11th & 12th

Jan 25th & 26th

Feb 8th & 9th

Feb 22nd & 23rd

Mar 7th & 8th

Mar 21st & 22nd

Apr 4th & 5th

Apr 18th & 19th

INFORMAL FIRESIDE CHAT

Every Monday between 3:00 and 4:00pm

please join one of our physicians in our

Living Room for an informal discussion

about InspireHealth and integrated cancer treatment.

There is no need to register –

just drop by and ask your questions.

IN BALANCE

Yoga Beginners and Level 1

A gentle introduction to Yoga, inviting you to listen to your body and pace yourself accordingly. Through Yoga you will gain a greater understanding of how you can improve your immunity and assist your body in its natural ability to heal. All classes will involve simple and achievable Yoga postures, focused breathing and relaxation. Four weeks of Beginners Yoga is prerequisite to the Level 1 classes.

IN SUPPORT

For Support People

Looking after your needs is the first step to supporting another: create your own support mechanism; gain communication skills; and share the challenges and rewards of supporting a loved one dealing with cancer.

For Patients: Support Group

This group provides a safe and creative atmosphere in which to share and explore physical, mental, emotional and spiritual challenges of dealing with a cancer diagnosis. Opportunities are provided to gain insights and fresh, supported perspectives on your experience. Learn practical life-affirming communication and self-care skills.

IN HARMONY

Relaxation with Music and Imagery

Take extraordinary care of yourself. Stop your world for ninety minutes of TLC and deep relaxation. Soothe your body, mind, and soul in a caring atmosphere through breath work, restful, live music and healing imagery. Volunteers provide optional Therapeutic Touch and/or gentle massage. Wear comfortable clothing and just bring you – this is your time!

IN JOY

Laughter Yoga

What is Laughter Yoga? It is a series of exercises that involve breathing techniques and easy movements. These movements are designed to teach the body to laugh without depending on jokes or humor. Since you can't laugh and worry at the same time, let Laughter Yoga help you help yourself. Other benefits include reducing stress, finding inner joy, and relieving depression.

IN NER WISDOM

Meditation Classes

This program will introduce you to meditation or support you in your existing practice. The focus will be on calming the busy mind, reacting less, developing acceptance and connecting with your intuitive wisdom. As well as time for individual sharing, the course incorporates instruction, readings and questions and answers.



INGREDIENTS FOR HEALTH

Eating & Cooking for Optimal Health

Join our nutritional consultants/registered holistic nutritionists for two classes introducing you to the preventative and healing power of foods. Have fun learning how to incorporate the foods that promote health into your daily diet. Each class covers a delicious breakfast lunch, snack and dinner. By the end of the series you'll have a full repertoire of scrumptious, healthy meals to choose from.

Nutritional Support Sessions

Bring your dietary questions, concerns, and inspirations to our bi-monthly Nutritional Support Sessions. After a 10-minute presentation on an important nutritional topic, our nutritionist will answer questions on food-related issues to assist you in eating an optimally healthy diet.

IN COURAGE

Men's Support Group

In an atmosphere of safety, trust and humor there is an opportunity for personal sharing and open discussion on topics such as relationships, intimacy, fear, power/control, acceptance, sexuality, and life and death as a spiritual journey. Other topics are welcome. Classes begin and end with a short meditation.

IN VIGORATE

Fitness & Lifestyle Classes

Getting back on track is a process of inspiration, support and motivation. Come and experience the resounding benefits of incorporating exercise and movement into your life and healing process. Improve energy, emotional resilience, cardiovascular endurance and muscle strength in a fun and dynamic group setting. Mandatory pre-assessment required.



IN TOUCH

Sharing Shiatsu Workshop

Touch has been used for centuries in all cultures to heal, communicate and bond. In this hands-on workshop learn acupressure points for use on yourself and a simple, effective foot massage routine to share. Come with your support or be comfortable touching another with your support or be comfortable touching another member of InspireHealth. Comfortable, warm clothing is ideal. Every third month will include an extra session open to participants who have previously taken the workshop; we will continue with a hand and shoulder massage routine. See dates on Class Schedule page.

EMOTIONAL FREEDOM TECHNIQUE

EFT is one of the recent energy-based healing modalities that fall under a category of psychology referred to as "Energy Psychology". It is based on traditional cognitive behavior therapy and combined with the traditional Chinese medical philosophy of acupuncture. It uses "needle-free" acupressure, a light tapping on the acupuncture meridian points in a non-intrusive way, while mentally focusing on specific thoughts of physical pain. The EFT process, which is easily learned, is a simple, unique method that has been shown to ease emotional stress, reduce body tension and in some cases alleviate pain. While EFT does not claim to cure cancer there is considerable anecdotal evidence that it eases the mental stress of this disease and supports other healing modalities that facilitate recovery



InspireHealth
INTEGRATIVE CANCER CARE



CHOICES- INSPIRED NUTRITION TOURS

The key food and nutrition teachings will be put into practice at the grocery store with their registered dietitian, and participants can learn practical tips and techniques for incorporating more healthful foods into their life while gaining awareness about the foods they should be cautious towards.

INDIVIDUAL AND FAMILY PRAYER SESSIONS

Numerous scientific studies attest to the healing power of prayer. Bill and Gayle Horie are experienced prayer counselors who are available to provide healing prayer at InspireHealth for those who request it. They offer free emotional and spiritual support, in the form of prayer, to people of all faiths, spiritualities and belief systems, on either an individual basis, or to patients and their spouses, families or other support persons.

PHARMACY SESSIONS WITH BOB MEHR

Bob Mehr, a holistic and clinical pharmacist, has been practicing with both pharmaceutical and natural medicines for 16 years and loves sharing his expertise. Bob will be supporting InspireHealth patients as a volunteer pharmacist answering your questions in individual sessions. If you have questions about your medications and/or their side effects or are concerned about possible interactions with your vitamins and supplements, please book a time with Bob.

Current membership required for class eligibility .