

InspireHealth CLASS SCHEDULE Winter 2012

Day	Time	Class	Course Fee	Facilitator
Monday	9:30am - 10:45am	In Balance: YOGA Level 1	Open to all InspireHealth Members	Kim Frank- Certified Yoga Instructor
	11am - 12:15pm	In Balance: YOGA Beginners	Open to all InspireHealth Members	Carol Thatcher- Certified Yoga Instructor
	2pm - 3:30pm	Individual and Prayer Sessions TBA	Open to all InspireHealth Members Pre-Registration required	Bill and Gayle Horie
	2pm - 4pm	In Support: Support Group for Patients	Open to all InspireHealth Members Pre-Registration required	Ingela Bruke- Integrated Body Worker
	4:45pm - 6:45pm	In Support: Support Group for Support People	Open to all InspireHealth Members Pre-Registration required	Ingela Bruke- Integrated Body Worker
	7pm - 8:30pm	In Harmony: Relaxation with Music and Imagery	Open to all InspireHealth Members	Ingela Bruke- Integrated Body Worker
Tuesday	9:30am - 10:30am	In Joy: Laughter Yoga	Open to all InspireHealth Members	Amy Ruth, Kinesiologist Certified Laughter Yoga Leader
	11am - 12:15pm	Inner Wisdom: Meditation	Open to all InspireHealth Members	Carol Thatcher- Certified Yoga Instructor
	1pm - 2:30pm	In Harmony: Relaxation with Music and Imagery	Open to all InspireHealth Members	Ingela Bruke- Integrated Body Worker
	5:30pm - 7:00pm	Emotional Freedom Technique (EFT) 4 classes to each series	Open to all InspireHealth Members Pre-Registration required	Susan D'Agostino- Conscious Coach
	5:30pm - 7:30pm	Ingredients for Health: Eating and Cooking for optimal health 2 part classes- Jan 10/17, Feb 14/21, Feb 28/Mar6	Open to all InspireHealth Members Pre-Registration required	Tamara MacKenzie RHN

Current Membership required for class eligibility . Please call in advance to verify class.
To register, call InspireHealth at 604-734-7125

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Day	Time	Class	Course Fee	Facilitator
Wednesday	5pm - 6pm	Lymphedema Information Sessions (Monthly) Jan 25, Feb 29, Mar 28	Open to all InspireHealth Members and Non-Members with a cancer diagnosis	Denise Drisdelle- Registered Massage Therapist
	5:30pm - 6:45pm	In Balance: YOGA Level 1	Open to all InspireHealth Members	Suzanne Slocum- Certified Yoga Instructor
Thursday	9:30am - 10:45am	In Balance: YOGA Level 1	Open to all InspireHealth Members	Kim Frank- Certified Yoga Instructor
	11am - 12:15pm	In Balance: YOGA Beginners	Open to all InspireHealth Members	Kim Frank- Certified Yoga Instructor
	2pm - 4pm	Pharmacy sessions (Biweekly) Individual:2-4(30 mins each) Jan 19, Feb 2, Feb 16	Open to all InspireHealth Members Pre-Registration required for individual sessions	Bob Mehr Holistic & Clinical Pharmacist
	2:30pm - 3:30pm	Nutritional Support Sessions LP Thurs: Jan26, Feb9, Feb23, Mar8, Mar22	Open to all InspireHealth Members	Lisa Marie Bhattacharya RHN
	2:15pm - 4:15pm	In Courage: Mens Support Group Jan 26, Feb 23, Mar 29	Open to all InspireHealth Members Pre-Registration required	Trevor Simpson
Friday	11:30am -	CHOICES Inspired Nutrition Tours: 2627 W 16th Ave, Kitsilano LIFE Program Fridays: Jan 13, Jan 27, Feb 10	Open to all InspireHealth Members Pre-Registration required	Nicole Fetterly RD
	11:30am - 12:15pm	In Vigorate: Fitness & Lifestyle Classes	Open to all InspireHealth Members after a mandatory Pre-assessment	Joanne Morgan BHK Stefanie Rogge
	12:30pm - 1:15pm	In Vigorate: Fitness & Lifestyle Classes	Open to all InspireHealth Members after a mandatory Pre-assessment	Joanne Morgan BHK Stefanie Rogge
	3pm - 5pm	In Touch: Sharing Shiatsu Workshop Jan 13, Feb 10	Open to all InspireHealth Members Pre-Registration required	Darlene Hegedus Registered Shiatsu Therapist
Saturday	11:30am - 1:30pm	Ingredients for Health: Eating and Cooking for optimal health 2 part classes- Jan 14/21, Feb 11/18, Mar 10/17	Open to all InspireHealth Members Pre-Registration required	Melissa Quantz RHN Jesse Veenstra RHN

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