

LIFE Program Dates 2012

Registration: 604 734-7125 Ext. 221

January

**11th & 12th
25th & 26th**

February

**8th & 9th
22nd & 23rd**

March

**7th & 8th
21st & 22nd**

April

**4th & 5th
18th & 19th**

May

**2nd & 3rd
16th & 17th
30th & 31st**

June

**13th & 14th
27th & 28th**

July

**11th & 12th
25th & 26th**

August

8th & 9th

September

**5th & 6th
19th & 20th**

October

**3rd & 4th
17th & 18th
31st Oct & 1st Nov**

November

**14th & 15th
28th & 29th**

December

12th & 13th

LIFE Program Schedule

~ WEDNESDAY ~

Morning (9:00 – 12:30)

- 9:00 – 10:00 Welcome and Introductions
10:00 – 11:00 Taking Charge of Your Health - Part I (InspireHealth MD)
11:00 – 11:15 Refreshment Break
11:15 – 12:30 Support Groups
12:30 – 1:15 Lunch (Organic, Vegetarian – Prepared by our Volunteers)

Afternoon (1:15 – 4:30)

- 1:15 – 2:00 Decision-making
2:00 – 2:30 Natural Approaches to Prevention and Treatment
2:30 – 2:45 Exercise and Cancer - Why is it important?
- How do I get (re)started?
- What is safe for me?
2:45 – 3:00 Refreshment Break
3:00 – 3:45 Stress Reduction and Intro to Visualization
3:45 – 4:30 Taking Charge of your Mind (InspireHealth MD)

~ THURSDAY ~

Morning (9:00 – 12:15)

- 9:00 – 9:30 Meditation
9:30 – 10:20 Taking Charge of Your Health - Part II (InspireHealth MD)
10:20 – 10:35 Refreshment Break
10:35 – 12:15 Nutrition - Inspiring Healthy Choices
(InspireHealth MD and Holistic Nutritionist)
12:15 – 1:00 Lunch (Organic, Vegetarian – Prepared by our Volunteers)

Afternoon (1:00 – 4:00)

- 1:00 – 2:20 Healthy Communication
2:20 – 2:35 Refreshment Break
2:35 – 2:45 Emotional Freedom Technique
2:45 – 3:00 Immune Boosting Exercises
3:00 – 3:10 Research at InspireHealth
3:10 – 3:20 Getting the Word Out
3:20 – 4:00 Taking it Home: Next Steps

Thank you for participating in our LIFE Program!