

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!

LIFE Program Dates 2011

Registration: 604 734-7125 Ext. 221

January

**12th & 13th
26th & 27th**

February

**9th & 10th
23rd & 24th**

March

**9th & 10th
23rd & 24th**

April

6th & 7th

May

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

June

**1st & 2nd
15th & 16th
29th & 30th**

July

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

August

10th & 11th

September

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

October

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

November

**2nd & 3rd
16th & 17th
Nov 30th & Dec 1st**

December

14th & 15th