



InspireHealth news & updates

Dear ,

A big thank you to everyone who supported our **2nd Annual InspireHealth Rain Walk** last month! We hosted our annual fundraiser in Vancouver, Victoria and Kelowna. Collectively we had 375 Rain Walkers, more than 30 teams and raised in excess of **\$60,000 for our programs and services at all three centres.**

As our signature community event, the InspireHealth Rain Walk helps us to raise funds for our programs and services, increase awareness of our offerings and celebrates our incredibly supportive community - all whilst having a great time!

Special thanks to our all of our sponsors, particularly our Major Event Sponsors, [Pure Pharmacy](#) and [Saje Natural Wellness](#) for their tremendous support and generosity.



Pictured above, the Rain Walkers warming-up at the InspireHealth Rain Walk in Vancouver, Olympic Village on March 4, 2017.

Other Rain Walk Sponsors:

Other Sponsors included HFour, Hemlock Printers, Body Energy Club, Green Beauty Collective, Rise Kombucha, Zaks Organics, Happy Water, West Point Naturals, Quality Greens, Wesco, Kelowna Now, Kelowna Firefighters, Kingfisher, Orthoquest, Kelowna Kinesiology, Art of Raw, Silk Road, JJ Bean, Loblaws City Market on Arbutus, Spud and SoLo Energy Bars.

InspireHealth's 1 Day LIFE Program - is coming to the following communities:

Vancouver/Lower Mainland

April 6 - **New Westminster** 10 am - 3:30 pm

April 27 - **Langley** 10 am - 3:30 pm

May 3 - **Sechelt** 10 am - 3:00 pm

May 16 - **Mission** 10 am - 3:30 pm

June 7 - **Surrey** 10 am - 3:30 pm

June 15 - **Port Moody** 10 am - 3:30 pm

Southern Interior

March 29 - **Kamloops** 9:30 am - 3:30 pm

Please call 604-734-7125 for registration in Vancouver/Lower Mainland or 250-861-7125 for the Southern Interior.

Spread the word! Please share these upcoming programs in your community! We are also looking for contacts and suggestions for getting the word out in these areas. If you can help us please contact Ange at awright@inspirehealth.ca.

Not able to attend any of these events? The next live LIFE Webinar Series will be scheduled in the Spring/Summer. If you would like to be notified, please send a request to smilosz@inspirehealth.ca. Or you can watch pre-recorded video webinars on our [Video Library online](#).

Please note all centres will be closed on **Friday, April 14 (Good Friday)**.

Best wishes,
InspireHealth team

Community Partners - Giving back to InspireHealth

A big thank you to the following businesses who have given back to InspireHealth this March and April!

Heirloom Linens

We are very excited to have been chosen by Heirloom Linens to be the local charity of the month for April as part of their "12 Months of Giving Program". During the month of April, 50% of the proceeds from the purchase of their organic wool mattress overlays will go directly to InspireHealth. Visit their website, www.heirloomlinens.com for more details or to purchase yours!

Pure Pharmacy

A big thank you to Pure Pharmacy who hosted a store-wide program raising money for InspireHealth for the month of April.

9th Avenue Grill

Thank you to this local Vancouver restaurant, who selected us as their charity of choice for March.

Do you have a relationship with a business that you believe may want to support InspireHealth?

If so we would love to have an introduction from you. We are looking to build new business relationships with businesses who see the value in sponsoring programs, making donations or being active in fundraising activities all in support of InspireHealth. Please email all suggestions to Richard Somerset at rsomerset@inspirehealth.ca. He will follow up with you to discuss in more detail.

Classes and programs are open to all InspireHealth members unless otherwise noted. In an effort to accommodate our growing number of members **registration is required for all classes; please call 604 734 7125 to secure your place.**



UPCOMING TWO-DAY LIFE PROGRAMS

April 19/20 9:30 am - 3:30 pm

LEAP (Life Enhancing Advanced Program) SESSIONS

A series of workshops to help you explore the tools and concepts learned in the LIFE Program.

Spirit Wednesday, April 5, 9:30 am-11:30 am

Passion Friday, April 7, 9:30-11:30 am

YOGA, MEDITATION & EXERCISE CLASSES

UPDATE **Gentle Yoga** is now **10:30 - 11:45 am on Mondays and Thursdays**

EXERCISE HOT TOPIC

Explore and support your knowledge of exercise with these mini workshops:

Core Strength Wednesday, April 12, 2:00 - 3:00 pm

FEATURED EXERCISE CLASSES - no experience necessary

Walk & Stretch Thursdays, 1:00 - 2:00 pm

Dance for Health Mondays, 3:30 - 4:30 pm

Zumba Gold Wednesdays, 3:30 - 4:30 pm

Check out our [Monthly Class Schedule](#) for various yoga, meditation, dance and exercise classes held weekly. Gentle Yoga, Laughter Wellness, Yoga Nidra, Exercise Level 1 & 2, Walk and Stretch - there is something for everyone!

NUTRITION CLASSES

NEW **Grocery Store Tour - Healthy Eating on a Budget**

Wednesday, Apr 19, 3:00 - 4:00 pm at City Market on 16th & Arbutus

COOKING FOR HEALTH

Check out our [Monthly Class Schedule](#) for delicious upcoming cooking classes held on Thursdays and Saturdays: Breakfast, Dinner, Supersnacks, Healthier Baking, Fermented Foods, Soups and Bone Broths, Salads.

NUTRITIONAL LEARNING TUESDAYS

Join us in a group setting to explore and support your nutritional learning with these mini workshops:

Digestion Tuesday, April 4, 1:30 - 3:00 pm

Mindful Eating Tuesday, April 11, 1:30 - 3:00 pm

Recognizing and Managing Stress Tuesday, April 18, 1:30 - 3:00 pm

Balancing Blood Sugar Tuesday, April 25, 1:30 - 3:00 pm

Inspired Cooking Recipe Demo Just in time for Mother's Day!

Saturday, May 13, 12:00 - 5:00 pm

Loblaws City Market, 3185 Arbutus Street, Vancouver

Join us at Loblaws City Market for a demo featuring some of the delicious recipes from Inspired Cooking. Inspired Cooking features 22 of Canada's top chefs who have created a beautiful collection of inspiring whole food recipes. Inspired Cooking is available to purchase at all InspireHealth centres, online from www.inspiredcooking.ca, as well as select retailers such as Loblaws City Market Arbutus.

All proceeds go directly towards supportive programs to help those living with cancer and their families.

New Day, New You! Webcast hosted by Canadian Cancer Society

Available on-demand after April 1 2017

Get the most from your daily nutrition and exercise choices

Learn about nutrition, exercise and the relationship between them. InspireHealth's Lead Nutritionist, Angela Wright and Exercise Therapist, Breanna Walker will discuss how to take advantage of every opportunity by being proactive, deliberate, and reasonable while establishing your routines. See [poster](#) for more details.

JOIN US FOR THESE FUN ART CLASSES (No experience necessary!)

Create a Wellness Journal Wednesday, April 5, 2:00 - 4:00 pm

Creative Arts Peer Support Group Wednesday, April 5, 12:00 - 1:30 pm

SUPPORT GROUPS

Young Adults with Cancer Support Group, 18-39 years (monthly) Wednesday, April 19, 6:00 - 7:30 pm

Patient Support Group (weekly) Wednesdays, 2:00 - 3:30 pm

Support Person's Support Group (monthly) Wednesday, April 12, 4:30 - 5:30 pm

Patient Support Group (monthly) Thursday, April 13, 5:30 - 7:00 pm

Men's Support Group for Patients (monthly) Friday, April 21, 12:00 - 1:30 pm

For program descriptions, please visit [Classes](#)

For the up to date schedule visit [Vancouver program calendar](#)

Registration for classes is limited, please email info@inspirehealth.ca or call 604-734-7125 to secure your place.

Victoria Centre Update

Classes and programs are open to all InspireHealth members unless otherwise noted. In an effort to accommodate our growing number of members, **registration is required for all classes; please call 250-595-7125 to secure your place.**



UPCOMING TWO-DAY LIFE PROGRAMS

April 5/6 & May 3/4 9:30 am - 3:30 pm

YOGA, MEDITATION & EXERCISE CLASSES

YOGA CLASSES

- Gentle Yoga Mondays, 9:30 am - 10:45 am
- Restorative Yoga Wednesdays, 9:30 am - 10:45 am
- Gentle Yoga Wednesdays, 5:00 pm - 6:15 pm
- Gentle Yoga Fridays, 9:30 am - 10:45 am

EXERCISE LEARNING

Core Strength

Tuesday, April 18th, 3:30pm - 5:00 pm

It is common to hear about the importance of having a strong core. While we may know this in theory, what does it actually mean in practice? Join us to discuss what exactly what muscles make up the 'core', how it can be affected, why we want it to be strong, and how to strengthen it. You will be given take home tips and tools to implement right away to help to build and maintain your core strength.

Pelvic Floor Information Session

Tuesday, April 11, 3:00pm-4:30pm

Your pelvic floor muscles can be weakened or influenced by regular aging, but can also be greatly affected by surgeries and/or radiation to the abdominal, pelvic, and genital regions. Dysfunction of the pelvic floor can lead to urinary or bowel incontinence, chronic pain, and sexual dysfunction. Join Jodi Ganton, Registered Physiotherapist and Pelvic Floor Specialist, for this informative session on pelvic floor health and rehabilitation.

SUPPORT GROUPS

Young Adults with Cancer Support Group (18-39 years)

Tuesday, April 4, 5:00 pm - 6:30 pm

An inspired support group facilitated by clinical counsellor Genevieve Stonebridge. Young adults with cancer have been identified as a unique population because of the significant events which tend to take place during

this stage of life, coupled with the stress of a cancer diagnosis. Join with other young adults to discuss your experience and share in a meaningful and supportive community.

Vision Boarding for Health: Art Therapy

Monday, April 10th, 2:30pm - 5:00 pm

Join InspireHealth counsellor Genevieve Stonebridge in this inspiring class, as you create your own vision board.

Listen In!

On February 21st, 2017 InspireHealth was graciously invited to be the podcast guest speaker for Camosun College's *Healthy Together* Employee Wellness program. *Healthy Together's* topic for the month of February was disease prevention.

InspireHealth's Amber Baker (Nutritionist) and Genevieve Stonebridge (Clinical Counsellor) were joined by InspireHealth member and Camosun employee, Cindy, who all took part in a lively discussion facilitated by Camosun College's Hannah Rose. To learn more about our services and to be inspired by Cindy's story [please take a listen](#).

FOR MORE INFORMATION ON:

Program descriptions, please visit [Classes](#)

Up to date schedule visit [Victoria program calendar](#)

Victoria Community Events

Cancer: Thriving & Surviving Self-Management Program

A free six-session workshop, the program is designed for people and their adult family members who have or are completing treatment and helps cancer survivors and their caregivers to better manage their health and activities of daily life. Participants receive the "Living a Healthy Life with Chronic Conditions" companion book. Participants should attend all six sessions to get the maximum benefit.

Vancouver Island Lodge-Canadian Cancer Society 2202 Richmond Road Victoria, V8R 4R5	Wednesdays Apr 05 - May 10 1:30 PM to 4:00 PM
Cook Street Village Activity Centre 1-380 Cook Street Victoria, V8V 3X7	Thursdays May 04 - Jun 08 1:00 PM to 3:30 PM

To find out more or to reserve your place in the program please contact:
The Institute of Aging & Lifelong Health: 604 940-1273 or Toll Free 1 866-902-3767, or email to selfmgmt@uvic.ca. For more information please [see here](#).

Kelowna Centre Update

UPCOMING TWO-DAY LIFE PROGRAM

May 3/4 9:00am - 3:30pm

Classes and programs are open to all InspireHealth members unless otherwise noted. In an effort to accommodate our growing number of members, **registration is required for all classes; please call 250-595-7125 to secure your place.**



NEW CLASSES

Tai Chi/Qi Gong: Tuesdays, April 11 & 25, 9:30am - 10:30am

The Importance of Proper Footwear: Thursday, April 6, 11:00am - 11:30am
Come learn the importance of having a proper shoe for your foot, foot injuries and shoes, and when to replace your shoes. Presented by Kinesiologist Stephanie Taylor from Orthoquest.

SUPPORT GROUP

Patient Support Group: Thursdays, April 13 & 27, 11:00am - 12:15pm

NUTRITION CLASSES

Cooking for Health - Smoothies! Thursday, April 13, 12:30pm - 2:30pm

Nutrition Hot Topic: Cancer Super Foods: Thursday, April 27, 1:00pm - 2:30pm

WEEKLY CLASSES:

Exercise and Fitness: Mondays, 9:45am - 10:45am, Mandatory pre-assessment required.

Gentle Yoga: Mondays, 11:00am - 12:00am

Laughter for the Health of It! Mondays, 12:15pm - 1:15pm

Restorative Yoga: Tuesdays, 11:00am - 12:00pm

Yoga Nidra: Tuesdays, 12:15pm - 1:00pm

Yoga Nidra is an ancient practice that is intended to induce full-body relaxation and a deep meditative state of consciousness.

Group Acupuncture: Wednesdays, 10:00am - 11:00am

Going through treatment or experiencing lingering side effects of chemotherapy or radiation after treatment? Come join Michael Cote for acupuncture at the center. Please register ahead of time due to limited space.

Meditation: Wednesdays, 11:00am - 12:00pm

For program descriptions, please visit [Classes](#)

For the up to date calendar, please visit [Kelowna Program Calendar](#)

Online Canada - March 2017

Online Canada is our virtual centre that provides access to medical consultations, classes and programs online, as well as offering an outreach component to remote and rural communities.



Virtual Clinical Consultations - from the comfort of your home

Virtual visits are now available via secure video teleconferencing, enabling you to have face-to-face communication with a physician, clinical counsellor, exercise therapist, or nutritionist during your virtual consultation.

To schedule a virtual consultation please phone 1-888-734-7125.

LIFE Webinar Series

InspireHealth's LIFE Webinar Series is a cancer care education program that you can access online from anywhere in Canada, including at your home or office. [You can watch the LIFE Webinar Series any time, visit our Video Library on our website.](#) The Four Part series includes:

Part 1: Foundations of Healing

Part 2: Self-Care and Support

Part 3: Nutrition - Inspired to Eat Healthy

Part 4: Physical Activity

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