

Support InspireHealth in your local community

Come walk with us, under our umbrella - InspireHealth Rain Walk

Vancouver - Saturday March 4, 2017 - **Olympic Village**

Victoria - Sunday March 12, 2017 - **Willows Park, Oak Bay**

Kelowna - Sunday March 12, 2017 - **Rotary Centre for the Arts**

Register online: www.inspirehealth.ca/rainwalk



Come walk with us this March and support InspireHealth

Dear ,

We are so excited that the 2nd Annual InspireHealth Rain Walk events are drawing nearer, with only 5 weeks until our first walk, in Vancouver!

With the support of our wonderful community and generous sponsors, last year's inaugural event generated \$72,000 to support our cause - thank you to everyone who supported this event! This year our goal is to raise a total of \$165,000 for our programs and facilities.

Join us and support InspireHealth in your local community

Vancouver - Saturday March 4, 2017 - **Olympic Village**

Victoria - Sunday March 12, 2017 - **Willows Park, Oak Bay**

Kelowna - Sunday March 12, 2017 - **Rotary Centre for the Arts**

Participants will receive a swag bag full of goodies. There will be healthy snacks and beverages, inspirational speakers, giveaways and post-event

activities. A fun day for the whole family; and registration for children 16 years and under is free.

To register or make a donation: www.inspirehealth.ca/rainwalk

Early-bird registration: Only \$30 (regular \$40)

or \$50 includes an InspireHealth umbrella!

Early-bird deadline: February 18, 2017 (Vancouver) and February 26, 2017 (Victoria and Kelowna).

OUR LIFE PROGRAM IS COMING TO YOUR COMMUNITY

February 16 - **Burnaby** 10 am - 3:30 pm

February 21 - **Squamish** 10 am-3:30 pm

March 7 - **West Vancouver** 11 am - 4:30 pm

March 8 - **White Rock** 10 am- 3:30 pm

April 6 - **New Westminister** 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

Please call 604-734-7125 to register.

Please help us spread the word about 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 in this regard, 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. If you would like to be notified, please send a request to smilosz@inspirehealth.ca. Or you can watch pre-recorded video versions on our [Video Library online](#).

SEEKING VOLUNTEERS

InspireHealth is actively recruiting volunteers. Volunteers are truly the heart of everything that we do at InspireHealth. We are always looking for dedicated, passionate, and friendly individuals to help with administration, food preparation and cooking, library, fundraising and events, research, exercise and yoga classes, and much more!



Generally, volunteer shifts take place Monday to Friday, 9 am to 5 pm, with occasional special events taking place on the weekend. If you are enthusiastic about supporting our healing environment and joining our dynamic team of volunteers. We are seeking volunteers on the day of our [Rain Walk events](#) - if interested in any volunteer opportunities, please contact the [Volunteer Coordinator](#) at your local InspireHealth centre.

Please note all centres will be closed on Monday, February 13 for Family Day.

Best wishes,
InspireHealth team

Rain Walk Training Group



This is a progressive training program to prepare for InspireHealth's Rain Walk on March 4th in Vancouver and March 12th in Victoria and Kelowna. Through the five coming weeks, we will gradually progress towards a 5 km walk. All fitness levels welcome, and walking poles available. This program offers an individualized walking program suitable for anyone wanting to walk with a group

but go at your own pace.

Vancouver Thursdays, 1:00 - 2:00 pm

Victoria Wednesdays, 1:30 pm - 2:30 pm

Kelowna Mondays, 1:30 pm - 2:30 pm

See you local centre update for more details.

Vancouver Centre Update

Classes and programs are open to all InspireHealth members unless otherwise noted. To continue 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

Feb 8/9 & Mar 1/2 9:30 am - 3:30 pm

SUPPORT GROUPS

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

Wednesday, Feb 15, 6:00 - 7:30 pm

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

Support Person's Support Group Wednesday, Feb 15, 4:30 - 5:30 pm

Patient Support Group Thursday, Feb 9, 5:30 - 7:00 pm

Men's Support Group for Patients Friday, Feb 17, 12:00 - 1:30 pm

FOCUS GROUP

Young Adults with Cancer (18 - 39 years)

We will be having a focus group in late February to explore what programs and support services young adults would be interested in and thoughts on current programming. Open to all young adults who are 18 to 39 years, with a current diagnosis or history of cancer. If interested, please contact Tess at info@inspirehealth.ca.

YOGA, MEDITATION & EXERCISE CLASSES

NEW EXERCISE HOT TOPIC

Join us in a group setting to explore and support your knowledge of exercise with these mini workshops:

Exercise & the Immune System Wednesday, Feb 15, 2:00 - 3:00 pm

Rain Walk Training Group Thursdays, 1:00 - 2:00 pm

Dance for Health Mondays, 3:30 - 4:30 pm (No experience necessary)

Check out our [Monthly Class Schedule](#) for various yoga, meditation, dance and exercise classes held weekly. Gentle Yoga, Laughter Wellness, Yoga Nidra,

Yoga Level 1, Exercise Level 1 & 2, Walk and Stretch - there is something for everyone!

NUTRITION CLASSES

COOKING FOR HEALTH

Check out our [Monthly Class Schedule](#) for delicious upcoming cooking classes held on Thursdays and Saturdays.

NUTRITIONAL LEARNING TUESDAYS

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

Goal Setting Tuesday, Feb 7, 1:30 - 3:00 pm

Clean Living - Food & Labels Tuesday, Feb 14, 1:30 - 3:00 pm

Recognizing and Managing Stress Tuesday, Feb 21, 1:30 - 3:00 pm

Clean Living - Body Tuesday, Feb 28, 1:30 - 3:00 pm

AFTERNOON AT THE MOVIES

"Cooked" Series by Michael Pollan

Each month we will watch a part of this series followed by a discussion.

Thursday, Feb 2, 2:00 to 4:00 pm **Part 3 - Bake Bread**

Thursday, Mar 9, 2:00 to 4:00 pm **Part 4 - Ferment Veggies**

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

NEW Knitting & Crocheting for Fun Wednesdays, 2:30 - 4:00 pm

Beginner friendly group; no experience necessary. Open to patient and support members.

Create a Wellness Journal Wednesday, Feb 1, 2:00 - 4 pm

Vision Boarding (Collage) Wednesday, Feb 15, 1:00 - 4 pm

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

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

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

Vancouver Community Events

The 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.

Time/Dates: 9:30 am - 12:00 pm, Feb 3 - Mar 10, 201 (6 consecutive Fridays)

Location: InspireHealth, #200 - 1330 West 8th Ave, Vancouver

To Register: 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](#).

Self-Management BC is supported by the BC Ministry of Health and implemented by the University of Victoria - Institute on Aging and Lifelong Health.

Victoria Centre Update

Classes and programs are open to all InspireHealth members unless otherwise noted. To continue 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

February 1/2 & March 1/2 9:30 am - 3:30 pm

NEWEST CLASSES/GROUPS

NUTRITION CLASSES

COOKING FOR HEALTH

Healthier Baking February 16, 2:00 - 4:00 pm

Super Snacks February 23, 2:00 - 4:00 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

Mindfulness, Yoga and Sleep workshop for Young Adults

Tuesday, February 21, 6:00 pm - 8:00 pm

Join InspireHealth exercise therapist and yoga teacher Rachel Mark in our yoga studio for a special class developed for our young adult members. This class will teach you mindfulness techniques, gentle stretches, breathing and a focus on preparing your body for a restful night's sleep.

Rain Walk Training Group

Wednesdays, January 11 - March 8, 1:30 pm - 2:30 pm

EXERCISE LEARNING

Exercise & Immune Function Tuesday, February 28, 1:30 pm - 3:00 pm

Come learn about how exercise impacts the immune system, inflammation and how this plays a role in both cancer prevention and outcome. Learn about how exercise can have an anti-inflammatory effect and specific exercises that do this.

Pelvic Floor Health Information Session

Tuesday, February 21, 3:00 pm - 4:00 pm

Join Jodi Ganton, local physiotherapist who specializes in pelvic floor health as she discusses the anatomy of this area, ways it may be affected and provide information for rehabilitation.

SUPPORT GROUPS

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

Tuesday, February 7, 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.

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

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

Victoria Community Events

The 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.

Greater Victoria Public Library - Juan de Fuca Branch 1759 Island Highway Victoria, V9B 1J1	Saturdays Feb 25 - Apr 01 1:00 PM to 3:30 PM
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

Kelowna Centre Update

Classes and programs are open to all InspireHealth members unless otherwise noted. To continue to accommodate our growing number of members, registration is required for all classes; please call 250-861-7125 to secure your place.



UPCOMING TWO-DAY LIFE PROGRAMS

N. B. February 1 & 2 is cancelled

March dates TBC - Please check our website or call us for further updates.

NUTRITION CLASSES

NEW *Cooking for Health - Soups & Sprouts*

Thursday, Feb 9, 12:30 pm - 2:30 pm

Join us at this tasty informative class and learn how easy and economical it is to make your own soups and sprouts from scratch. Both are an inexpensive and versatile!

NUTRITION HOT TOPIC

Inflammation Thursday, February 16, 1:00 pm - 2:30 pm

Hosted by Nutritionist, Lisa Aschenbrenner, learn more about inflammation from a holistic nutrition perspective. We'll talk about all aspects of

inflammation, including how it is created in the body and its role in the development of cancer. You'll leave with practical tips to help you balance your own inflammation through your everyday food choices.

SUPPORT GROUPS

Patient Support Group Thursday, February 23, 11:00 am - 12:00 pm

Research has shown that participation in a support group can be effective in diminishing the distress associated with cancer. Our Support Group will only be running on this date for the month of Feb.

YOGA, MEDITATION & EXERCISE CLASSES

NEW RainWalk Training Group Mondays, 1:30 pm - 2:30 pm

(meet at City Park by the Sails downtown)

Come join our Exercise Therapist, Terry Heidt, to train for our upcoming 2nd Annual RainWalk on March 12, 2017!

NEW Tai Chi/Qi Gong is Back!

Tuesdays, February 7 & 21, 9:30 am - 10:30 am (two classes this month)

The ancient Chinese practices of [tai chi](#) and qi gong combine slow, deliberate movements, [meditation](#), and breathing exercises. Qi gong and tai chi are relaxing ways to improve your flexibility and balance. Both are great ways to stay active and vital.

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

Now a weekly class, Laughter for the Health of it initiates laughter as a body exercise in a group with childlike playfulness. It soon turns into real and contagious laughter. There are many great benefits to laughter, such as reduced stress, strengthened immune system, and supporting a positive attitude overall.

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

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

Exercise and Fitness Mondays, 9:45 am - 10:45 am

Getting back on track is a process of inspiration, support and motivation. Come and experience the benefits of incorporating exercise and movement into your daily life and healing process. (Mandatory pre-assessment).

Gentle Yoga Mondays, 11:00 am - 12:00 am (no class February 6)

Explore the connection between breath and movement while taking the time to relax and connect with your body. The initial portion of this class offers gentle, full body movements with a focus on accessible strength building. The later portion of this class offers restorative, supportive postures. All skill levels and experience welcome.

Restorative Yoga Tuesdays, 11:00 am - 12:00 pm (no class February 7)

This gentle practice is designed to restore the nervous system and help release deep tension in the body and mind. In this class we will use props such as bolsters, blankets and blocks to fully support the body allowing it to open slowly and naturally. We spend the duration of the class sitting or lying on our mats with a focus of only 4-6 poses for the class.

Group Acupuncture Wednesdays, 10:00 am - 11:00 am (no class February 1)
Going through treatment or experiencing lingering side effects of chemotherapy or radiation after treatment? Come join Michael Cote for acupuncture at the center. Research shows acupuncture reduces nausea, pain levels, post-treatment fatigue, hot flashes and more. Please register ahead of time due to limited space.

Meditation Wednesdays, 11:00 am - 12:00 pm (no class February 1)
Meditation classes help decrease stress, tension and depression and help us to re-learn the ability to relax at will and return to our inner balance.

***Important Notice:** Our Exercise Therapist, Terry Heidt, will be hosting a talk on Mind-Body Connection in replacement of Meditation on February 8,

Individualized Exercise and Fitness Thursdays, 9:45 am - 10:45 am
Meet with our Exercise Therapist and have an individualized exercise plan created specifically for you based on your goals, health status and fitness level. This unique approach allows for one-on-one assistance in a group setting (mandatory pre-assessment required).

InspireHealth-Kelowna LIFE Series at The Lodge!

Join Dr. Lauren Lypchuk, MD, CCFP, Ashley Phillips, Clinical Counsellor, and Lisa Aschenbrenner, Nutritionist, from InspireHealth for a Supportive Cancer Care Workshop at the Canadian Cancer Care Society's Interior Roatry Lodge. This program provides tools and information to take charge of your health and optimize your overall health and well-being. Participants learn about current scientific research and the many benefits of a whole-person approach to cancer care.

February 9, 6:30 - 8:00 pm - Nutrition: Healthy Choices

February 16, 6:30 to 8:00 pm - Mind-Body Practices

February 23, 6:30 to 8:00 pm - Taking Charge of Your Health

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

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

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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