

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**

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



InspireHealth News & Events

Dear ,

Happy New Year to you and your loved ones. On behalf of the team and volunteers at InspireHealth, thank you for being part of our supportive community.

We finished 2015 on a bang, with our successful inaugural gala 'A Night to Inspire'. We would like to give thank everyone who supported and attended the evening, making it a successful evening. For more details and photos from the night, please see the update below.

Our biggest community event for 2017 is around the corner - The 2nd Annual InspireHealth Rain Walk is coming to Vancouver, Victoria and Kelowna this March!

InspireHealth 2nd Annual Rain Walk 2017

Come walk with us - Our 2nd Annual InspireHealth Rain Walk celebrates our liquid sunshine and promotes being active year round all in support of raising funds and awareness of InspireHealth! Join us for a non-competitive 5km walk.

Join us for the Rain Walk & 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, complimentary food and drinks and post-event activities. A fun day for the whole family and registration for children 16 years and under is free.

Register or make a donation: www.inspirehealth.ca/rainwalk

**Early-bird registration: Only \$30 (regular \$40)
or \$50 includes an InspireHealth umbrella!**

OUR LIFE PROGRAM IS COMING TO YOUR COMMUNITY

January 24 - **Surrey** 10am-3:30pm

January 31 - **Ladner** 10am-3:30pm

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

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

March 7 - **West Vancouver** 10am-3:30pm

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

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

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

May 3 - **Sechelt** 10am-3:30pm

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

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

Vancouver (2 day program) 9:30am-3:30pm:

January 18/19, February 8/9, March 1/2, March 29/30

Please call 604-734-7125 to register.

Not able to attend any of these events? The next live online LIFE webinar series will be scheduled in the Spring of 2017. 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](#).

Please help us spread the word about these upcoming programs in your community! We are also looking for locations, contacts, and ways to get the word out in these communities. If you can help us in this regard, please contact Ange at awright@inspirehealth.ca.

New Recipe to warm your soul - Thai Beet Soup



Try this new recipe on our website - [Thai Beet Soup](#). This beautifully coloured soup with a unique Thai flavour is full of phytonutrients that provide antioxidant, anti-inflammatory, and detoxification support.

ON THE BLOG THIS MONTH

Follow these instructions on a simple [mindfulness meditation practice](#) from the comfort of your home.

INSPIREHEALTH COOKBOOKS 'Inspired Cooking' - PURCHASE YOUR COPY

Inspired Cooking is available for \$35 at all InspireHealth centres, online at www.inspiredcooking.ca and select retailers to be announced.

Best wishes,
InspireHealth team

*A Night
to
Inspire*

Thank you to everyone who supported InspireHealth's inaugural gala 'A Night to Inspire' on December 8, 2016. This was a very special event for InspireHealth and we were delighted to celebrate the launch of our cookbook *Inspired Cooking* (www.inspiredcooking.ca).

With thanks to our incredible community, we achieved our fundraising goal of \$50,000 for the evening.

Thank you so much to of the generous donors and sponsors, the members who shared their stories, volunteers, the event planning committee, chefs, musicians, photographers, staff and guests who all made this truly *A Night to Inspire*.

Photo Galleries from A Night to Inspire

[Gallery one](#) Compliments of Wendy D Photography

[Gallery two](#) Compliments of Mark Sisson

Sincere thanks to both photographers for the memories of the evening.

Special thanks to our Major Sponsors for the evening



Vancouver Centre Update

Classes and programs are open to all InspireHealth members unless otherwise noted. Registration is required for all classes; please call 604 734 7125 to secure your place.



All centres closed Monday, February 13 (Family Day)

UPCOMING TWO-DAY LIFE PROGRAMS

Jan 18/19, Feb 8/9 9:30 am - 3:30 pm

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

NEW Knitting & Crocheting for Fun Wednesdays, 2:30 - 4 pm
Beginner friendly group; no experience necessary. Open to patient and support members.

NEW Cows Can Be Purple Monday, Jan 23, 5:30 - 8 pm
Find parenting support through painting and music. For parents and their kids.

Create a Wellness Journal Wednesday, Jan 11, 2 - 4 pm

Vision Boarding (Collage) Wednesday, Jan 25, 1 - 4 pm

Creative Arts Peer Support Group Wednesday, Jan 4, 12 - 1:30 pm

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 101: Getting Started Wednesday, Jan 25, 2 - 3 pm

Rain Walk Training Group Thursdays, 1 - 2 pm

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

No classes in January but will resume in February.

Check out our Monthly Class Schedule for various yoga, meditation, dance and exercise classes held weekly. Gentle Yoga, Laughter Wellness, Yoga Nidre, Yoga Level 1, Exercise Level 1 & 2, Walk and Stretch - there is something for everyone! www.inspirehealth.ca/programs/class-schedules/

NUTRITION CLASSES

NEW Winter Farmer's Market Tour (Meet at Nat Bailey Market)

Saturday, Jan 28, 9:45 am - 11 am

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:

Mindful Eating Tuesday, Jan 10, 1:30 - 3:00 pm

Recognizing and Managing Stress Tuesday, Jan 17, 1:30 - 3:00 pm

Balancing Blood Sugar Tuesday, Jan 24, 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, Dec 15 **Part 1 - Grill with Fire**

Thursday, Jan 5 **Part 2 - Cook with Liquid**

Thursday, Feb 2 **Part 3 - Bake Bread**

Thursday, Mar 9 **Part 4 - Ferment Veggies**

SUPPORT GROUPS

Young Adults with Cancer Support Group (18-39) Wed Jan 18 from 6-7:30 pm

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

Support Person's Support Group Wednesday, Jan 18 from 4:30 - 5:30 pm

Patient Support Group (monthly) Thursday, Jan 12 from 5:30 - 7 pm

Men's Support Group for Patients (monthly) Friday, Jan 20 from 12 - 1:30 pm

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

SEEKING VOLUNTEERS

InspireHealth is actively recruiting volunteers for the New Year. 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, please contact the Volunteer Coordinator at volunteering@inspirehealth.ca.

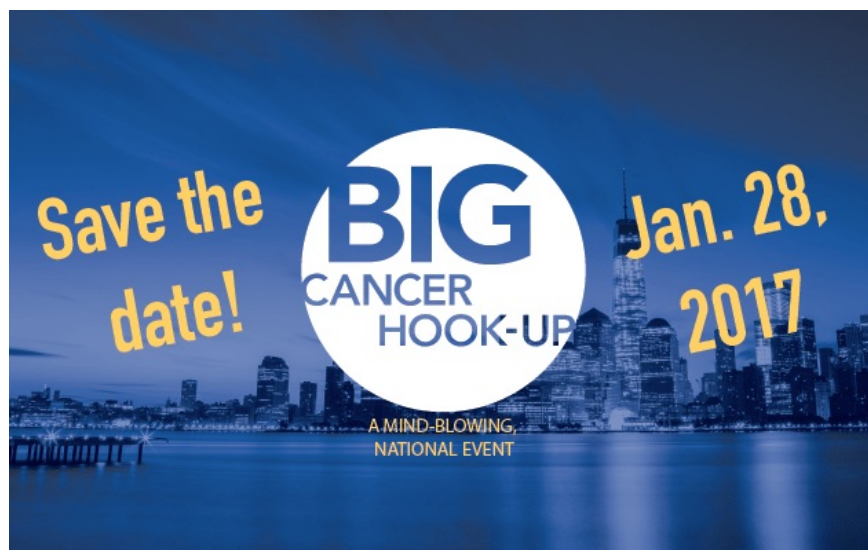


2ND ANNUAL RAIN WALK!

We are looking for volunteer support to our 2nd Annual Rain Walk, on Saturday, March 4th, 2017.

We are looking for volunteers to help on the day please contact Stefenie by email smilosz@inspirehealth.ca

Young Adults - Big Cancer Hook-up - Vancouver & Victoria



YACC Big Cancer Hook-up - Saturday, January 28, 2017

We're excited to be hosting the Vancouver & Victoria hook-ups for this national event for Young Adult Cancer Canada (YACC).

Location: InspireHealth Vancouver and Victoria

Date: Saturday, January 28, 2017

Time: 3:00pm- 6:00pm

Register: Phone Vancouver: 604 734 7125 or Victoria: 250 595 7125.

The event is designed for Young Adults cancer survivors and supporters to get together in their local communities and connect, reconnect, be inspired, and have fun. We will view the live webinar that connects young adults across Canada and have time for connecting & enjoying some healthy snacks.

Victoria Centre Update

Classes and programs are open to all InspireHealth members unless otherwise noted. Registration is required for all classes; please call 250-595-7125 to secure your place.



UPCOMING TWO-DAY LIFE PROGRAMS

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

NEWEST CLASSES/GROUPS

NUTRITION WORKSHOP

Clean Living Series

Hosted by the Greater Victoria Public Library, you are invited to join in on this two-part educational series to learn about Clean Living.

Part 1 Clean Eating January 10, 7:00 pm - 8:30 pm

Common food additives and chemicals to watch out for in our food, why they're best to avoid and how to upgrade to cleaner and safer alternatives

Part 2 Clean Home & Body January 17, 7:00 pm - 8:30 pm

Common chemicals found in cleaners and body care products to watch out for and alternatives that can be used to minimize toxin exposure.

All are welcome. Seating is limited and registration is available through the public library website: <http://events.gvpl.ca/eventcalendar.asp>

COOKING FOR HEALTH

Soups & Broths Thursday, January 12, 2:00 - 4:00 pm

Fermented Foods Thursday, January 19, 2:00 - 4:00 pm

NUTRITIONAL LEARNING

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

Inflammation Thursday January 26, 11:00 am -12:00 pm

EXERCISE CLASSES

RAIN WALK WALKING GROUP

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

This is a progressive training program to prepare for InspireHealth's Rain Walk Fundraiser on March 12th. Throughout the eight 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!

EXERCISE WORKSHOP: EXERCISE 101: GETTING STARTED

January 24, 1:30 pm - 3:00 pm

This discussion group offers a supportive group setting to talk about these benefits, the different types of exercise, and how to start implementing them into your own routine. Gain motivational tips and tools, learn how exercise can help offer relief from common side effects, and build a community to support each other.

ACUPRESSURE January 20, 1:30 pm - 3:00 pm

Acupressure is a technique you can learn to do on yourself for symptom relief including lack of energy, pain, digestive troubles and overall wellbeing and

immune function. This session provides an opportunity to learn about different points to use. All participants leave with a comprehensive handout to help them put this into practice at home!

YOGA CLASSES

Gentle Yoga Every Monday, 9:30 am -10:45 am

Restorative Yoga Every Wednesday, 9:30 am - 10:45 am

Gentle Yoga Every Wednesday, 5:00 pm - 6:15 pm

Gentle Yoga Every Friday, 9:30 am - 10:45 am

EXERCISE LEARNING

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

Exercise & Treatment-Related Side Effects November 17, 2:00 pm - 3:30 pm

SUPPORT GROUPS

Who am I? Exploring Identity Through Creativity and Affirmation

Thursday, January 26, 2:00 pm - 4:00 pm

Art therapy workshop facilitated by art therapist Chantelle Smith and Inspire Health counsellor Genevieve Stonebridge. Join us for a meaningful afternoon of art and affirmation. Register through the front desk to save yourself a spot.

YOUNG ADULTS CANADA CANADA'S BIG CANCER HOOKUP (18-39 years old)

Saturday, January 28, 3:00 pm

Young Adult Cancer Canada (YACC)'s fourth annual Big Cancer Hook-up will be broadcasted live from InspireHealth Victoria again this year. The Big Cancer Hook-up is a national event providing opportunities for young adult cancer survivors and supporters to get together in their local communities and connect, reconnect, be inspired, and have fun. If you are between the ages of 18 - 39 and have had a diagnosis of cancer, join us at the InspireHealth Centre Victoria.

YOUNG ADULTS WITH CANCER SUPPORT GROUPS (18-39)

Tuesday, January 10, 5:00 pm - 6:30 pm

Join us for a support group specifically for young adults (18-39 years) with cancer. These groups will be facilitated by clinical counsellor Genevieve Stonebridge and held in our studio. Please call in to the Victoria centre to pre-register.

SUPPORT PERSON'S SUPPORT GROUP Monday, Jan 9, 3:00 pm - 4:30 pm

Open to support members only.

PATIENT SUPPORT GROUP Monday, Jan 16, 3:00 pm - 4:30 pm

Open to patient members only.

To continue to accommodate our growing number of members pre-registration is required for all classes by calling the centre at 250-595-7125. Please check the Victoria program calendar for the most up to date information.

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	Saturdays
1759 Island Highway	Feb 25 - Apr 01
Victoria, V9B 1J1	1:00 PM to 3:30 PM
Vancouver Island Lodge-Canadian Cancer Society	Wednesdays
2202 Richmond Road	Apr 05 - May 10
Victoria, V8R 4R5	1:30 PM to 4:00 PM
Cook Street Village Activity Centre	Thursdays
1-380 Cook Street	May 04 - Jun 08
Victoria, V8V 3X7	1:00 PM to 3:30 PM

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.

Kelowna Centre Update

UPCOMING TWO-DAY LIFE PROGRAMS

January 11/12 from 9:00 am - 3:30 pm

NEW CLASSES:

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. This class is now happening every Tuesday at 12:15 pm !

Cooking for Health - Fermentation

Thursday January 5 12:30 pm - 2:30 pm

Laughter for the Health of It!

Thursdays January 19 & 26 11:00 am - 12:00 pm

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.

NUTRITION CLASSES

Nutrition HOT TOPIC: Cancer Superfoods

Thursday December 22 1:00 pm - 2:30 pm

EXERCISE AND FITNESS

Rain Walk Training Group: Mondays, starting Jan 30th (1:30-2:30pm)- Meet at City Park, by the sails.

Exercise and Fitness Mondays 9:45 am - 10:45 am (Yoga replacing Jan 23 class)

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 pm

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

Group Acupuncture Wednesdays 10:00 am - 11:00 am (no class Jan 11)

Meditation Wednesdays 11:00 am - 12:00 pm (no class Jan 11)

Individualized Exercise and Fitness Thurs 9:45 am - 10:45 am (Yoga replacing Jan 19, No class January 26)



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

InspireHealth-Kelowna is on the road!

Join Dr. Lauren Lypchuk, MD, CCFP, and Ashley Phillips, Clinical Counsellor, from InspireHealth on January 25th and 26th, 2016 for a Supportive Cancer Care Workshop. 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.

January 25th **Vernon**
January 26th **Penticton**

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

For more information or registration, email info-kel@inspirehealth.ca or call 250-861-7125.

Online Canada - January 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 the physician or allied health professional 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

Change someone's life today!
CLICK HERE TO DONATE ▶

