

Greetings from InspireHealth

Dear ,

Happy 150th Birthday Canada!

Please note all InspireHealth centres will be closed on Monday, July 3rd, 2017.

Newsletter Schedule Update

As of September, we will be streamlining our email schedule. You can expect to receive short monthly notices containing class updates and calendars, while our blog updates and other news will be sent to you quarterly.

Seeking Volunteers for InspireHealth Gala

We are looking for volunteers to support our upcoming 2nd Annual InspireHealth Gala 'A Night to Inspire' on **November 30th 2017, Vancouver.**

There are many opportunities including:

- Event set-up at the Roundhouse Community Arts & Recreation Centre.
- Volunteer at the event, e.g. coat check, registration, selling raffle tickets.
 - Join the Sponsorship and Auction Committee.
 - Office administration pre and post-event.

If you are interested in volunteering for the gala, please contact Kirsty Munro at kmunro@inspirehealth.ca

Best wishes,
InspireHealth team

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.**



CENTRE RENOVATIONS

From mid-July to the end of August the Vancouver centre will be undergoing renovations. This will impact some of our classes, but be assured we are trying our best to continue to offer a wide-range of classes and programs during this time.

N.B. Yoga Nidra, Group Acupuncture, Chair Yoga, Art Classes will be on hold during this time and will recommence in September. Thank you for your understanding.

UPCOMING TWO-DAY LIFE PROGRAMS

July 12/13 9:30 am - 3:30 pm

FEATURED CLASS

Creative Arts Peer Support Group Wednesday, July 5, 12:00 - 1:30 pm
Bring your own art or a piece of art to share, anything that inspires you - sketches, poetry, paintings, writing, music etc.

NUTRITION CLASSES

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, July 11, 1:30 - 3:00 pm

Mindful Eating Tuesday, August 1, 1:30 - 3:00 pm

SUPPORT GROUPS

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

Wednesday, July 19, 6:00 - 7:30 pm

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

Support Person's Support Group (monthly) Wednesday, July 12, 4:30 - 6pm

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

Men's Support Group for Patients (monthly) Friday, July 7, 12:00 - 1:30 pm

YOGA, MEDITATION & EXERCISE CLASSES

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

Zumba Gold Wednesday, June 14, 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!

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

Download the full [July Class Schedule](#)

For the most up to date schedule visit the [Vancouver Live Google Calendar](#)

Vancouver Centre Dance Group!



A big thank you to Dance Instructor Rosanna Llorens (pictured center) and the Latin 'Dance for Health' Class for putting together a lovely performance for friends and staff! Your passion, energy and joy were contagious.

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

June 21/22 & July 19/20 9:30 am - 3:30 pm



NEWEST CLASSES/GROUPS

YOGA, MEDITATION & EXERCISE CLASSES

Yoga Mondays, 9:30 - 10:45 am

Yoga Wednesdays, 9:30 - 10:45 am

Gentle Yoga with Yoga Nidra Wednesdays, 5:00 - 6:15 pm

Gentle Yoga Fridays, 9:30 - 10:45 am

Group Strength and Stretch Class Tuesdays, 9:30 - 2:30pm

Individualized Exercise Class Tuesdays, 1:30 - 2:30 pm

& Thursdays 9:30 - 10:30 am

Calling all Thrifty Foods Shoppers!

InspireHealth is signed up for the Smile Card Fundraising Program. Help us reach our Fundraising goal! If you are a Thrifty Food's shopper, talk to us about how you can support InspireHealth without adding to your grocery bill. Thrifty's will donate 5% of the value that is loaded onto each Smile card to InspireHealth.

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

Download the full [July Class Schedule](#)

For the most up to date schedule visit the [Victoria Live Google Calendar](#)

Kelowna 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

September 6 & 7, 9:00 am - 3:30 pm

WEEKLY YOGA, MEDITATION & EXERCISE CLASSES

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

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

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

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

Meditation Wednesdays, 11:00 - 12:00 pm

Individualized Exercise & Fitness Thursdays, 9:45 - 10:45 am

MONTHLY CLASSES

Tai Chi/Qi Gong Tuesday, July 11 & Tuesday, July 25 @ 9:30 - 10:30 am

Often described as meditation in motion, Tai Chi can improve coordination and balance while building muscle strength. This relaxing practice may help to soothe the nervous system through connection to your breath.

Patient Support Group Thursday, July 29th @ 11:00 am - 12:15 pm

NUTRITION CLASSES

COOKING FOR HEALTH

Breakfast! Thursday, July 13, 12:30 - 2:30 pm

It's true - breakfast is the most important meal of the day. It can set your day up for ease or stress depending on our choices. Learn about how to include protein and fat to an often carb-heavy meal, and get some ideas for breaking out of the toast and cereal mold. Set your day up for success through healthy breakfast choices!

NUTRITIONAL LEARNING THURSDAYS

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

Mindful Eating Thursday, July 27, 1:00 - 2:30 pm

MORNING AT THE MOVIES

Join us for the first video session from the "Cooked" Series by Michael Pollan Thursday, July 6, 11:00 am - 1:00 pm, Part 1 - Fire.

OUR LIFE PROGRAM IS COMING TO YOUR COMMUNITY

Thursday, September 21, Kamloops

9:30 am - 3:30 pm @ Royal Inland Hospital - Ken Lepin Theatre

Please register in advance by calling 250-595-7125 or email info-kel@inspirehealth.ca

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

Download the full [July Class Schedule](#)

For the most up to date schedule visit the [Kelowna Live Google Calendar](#)

Online Canada - June 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 conferencing, 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



1 million
\$750k
\$500k
\$250k
\$0k

Become a Monthly Donor

For as little as 66¢ a day, YOU can make a difference to InspireHealth

Annual Fundraising Need \$1 Million

How to Donate
www.inspirehealth.ca/donate
1.888.724.7125


InspireHealth
SUPPORTIVE CANCER CARE