

# Greetings from InspireHealth

Dear ,

This month we are continuing to bring our 1 day LIFE Program to various communities. Please see below for more information.

The 2017 60+ Lifestyle Expo in Langley (Lower Mainland) is coming up & InspireHealth will be exhibiting! Be sure to pop by and say hello if you are in attendance on Friday.

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

### **Vancouver Island**

May 30 - **Duncan, Cowichan Valley** 9:30 am - 3:30 pm

May 31 - **Salt Spring Island** 10:00 am - 3:30 pm

### **Vancouver/Lower Mainland**

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

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

### **To register:**

Please call 604-734-7125 for Vancouver/Lower Mainland & 250-595-7125 for Vancouver Island events.

## **Do you want to be an InspireHealth Ambassador?**

We are looking for volunteers who want to support InspireHealth by increasing awareness of our services and programs in their local community. This could include sharing our information with a support group you attend, visiting your local community centre or even putting leaflets in your local coffee shop. There are many ways you can help! If you would like to find out more, please contact Stefanie at [smilosz@inspirehealth.ca](mailto:smilosz@inspirehealth.ca)

Best wishes,  
InspireHealth team

**Special thanks - Third Party Fundraiser**

InspireHealth member and advocate, Corinne Steffen and her family, hosted a heartfelt fundraiser for InspireHealth earlier this May.

Corinne invited over 30 of her friends to join her for a night in support of raising money and awareness of InspireHealth. This evening included a delicious tea service with healthy baked treats as well as leading a meditation moment and a cooking demonstration. Angela Wright, Lead Nutritionist at InspireHealth, taught a digestion workshop and everyone received a copy of [Inspired Cooking](#).

**This fantastic evening raised a grand total of \$1,600!**

**Thank you to Corinne and her family and friends for this incredible effort.**





Pictured top from left, Angela Wright and Corinne Steffen, and below Corinne demonstrating how to make a broth soup.

*Would you like to host your own fundraiser party or event to support InspireHealth? We'd love to help you. For more information contact Stefenie at [smilosz@inspirehealth.ca](mailto:smilosz@inspirehealth.ca)*

## *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**

June 21/22 9:30 am - 3:30 pm

**FEATURED STRESS REDUCING CLASSES - no experience necessary**

**Laughter Wellness** Tuesdays, 9:30 - 10:30 am

**Meditation** Tuesdays, 11:30 - 12:30 pm

**Yoga Nidra - Relax & Restore** Tuesdays, 5:30 - 6:45 pm

## SUPPORT GROUPS

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

Wednesday, June 21, 6:00 - 7:30 pm

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

Support Person's Support Group (monthly) Wednesday, June 14, 4:30 - 6pm

Patient Support Group (monthly) Thursday, June 15, 5:30 - 7:00 pm

Men's Support Group for Patients (monthly) Friday, June 9, 12:00 - 1:30 pm

Creative Arts Peer Support Group Wednesday, June 7, 12:00 - 1:30 pm

## YOGA, MEDITATION & EXERCISE CLASSES

Qi Gong 6 consecutive weeks beginning Friday, June 23, 12 - 1 pm

Open to Patient Members

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

Zumba Gold Wednesday, June 14, 3:30 - 4:30 pm

## EXERCISE HOT TOPIC

Explore and support your knowledge of exercise with this mini workshop:

Exercise & Nutrition Wednesday, June 14, 2:00 - 3:00 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

### 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:

Clean Living Series - Clean Home Tuesday, June 6, 1:30 - 3:00 pm

Budgeting Time & Money Tuesday, June 13, 1:30 - 3:00 pm

Recognizing and Managing Stress Tuesday, June 20, 1:30 - 3:00 pm

Cancer Superfoods Tuesday, June 27, 1:30 - 3:00 pm

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

*Download the full [June Class Schedule](#)*

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



## 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

#### NUTRITION CLASSES

##### COOKING CLASS: SPLENDID SALADS

Thursday, June 21, 4:00 pm - 6:00 pm

Simple but versatile salads are a great way to make a meal! We'll share some new salad ideas and learn how to make great healthy dressings from scratch to replace processed dressings. Flavor and quality guaranteed!

#### YOGA, MEDITATION & EXERCISE CLASSES

##### NEW TIMES!

##### INDIVIDUALIZED EXERCISE & FITNESS

Tuesdays 1:30 pm - 2:30 pm and Thursdays 9:30 am - 10:30 am

Exercise Therapy appointment required prior to participation in exercise classes.

#### EXERCISE LEARNING

##### EXERCISE THERAPY WORKSHOP: THE SYNERGY OF EXERCISE & NUTRITION

Tuesday, June 13, 3:30 - 5:00 pm

Join us to discuss the ways that exercise and nutrition work together to increase overall health. Learn ways to improve your exercise through eating, and ways to improve your digestion through exercise. We will also do some myth busting on some of the common misconceptions of exercise and nutrition.

##### GROUP STRENGTH & STRETCH CLASS

Tuesdays 9:30 am - 10:30 am

This class offers an introduction to resistance training. Participants are led through a series of low impact, full body exercises and are encouraged to work at their own pace. Small class sizes allow for individual guidance and assistance. Classes finish with a gentle stretch and cool-down.

Exercise Therapy appointment required prior to participation in exercise classes.

## PELVIC FLOOR INFORMATION SESSION

Tuesday, June 20, 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. Join Jodi Ganton, Registered Physiotherapist and Pelvic Floor Specialist, for this informative session on pelvic floor health and rehabilitation.

## KAYAKING FOR YOUNG ADULTS (18-39 YEARS) AND THEIR SUPPORT PEOPLE!

Saturday, June 17, 1:30pm - 4:00 pm

InspireHealth is partnering with [Power to Be](#) for a fun afternoon of sunshine and Kayaking, leaving from Oak Bay. To register and for more information please call the front desk at 250-595-7125.

*\* Please note this opportunity is open to young adults who had or have a cancer diagnosis and 1 of their support people.*

## 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 [June Class Schedule](#)*

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

## Community Partners - Giving back to InspireHealth

### 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 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](mailto:rsomerset@inspirehealth.ca) and 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 250-595-7125 to secure your place.**



### **UPCOMING TWO-DAY LIFE PROGRAMS**

June 7 & 8, 9:00 am - 3:30 pm

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

### **SUPPORT GROUP**

Thursday, June 22, 11:00 am - 12:15 pm

### **NUTRITIONAL LEARNING**

**Nutrition Hot Topic - Inflammation** Thursday, June 22, 9:30 am - 11:00 am

### **EXERCISE CLASSES**

**Tai Chi & Qi Gong** Tuesday June 6 & Tuesday June 20, 9:30 am - 10:30 am

**Exercise and Fitness (weekly)** Mondays, 9:45 am - 10:45 am

Mandatory pre-assessment required.

**Gentle Yoga (weekly)** Mondays, 11:00 am - 12:00 pm

**Laughter for the Health of It! (weekly)** Mondays, 12:15 pm - 1:15 pm

Registration required.

**Restorative Yoga (weekly)** Tuesdays, 11:00 am - 12:00 pm

**Yoga Nidra** Postponed until July

**Individualized Exercise & Fitness** Postponed until July

Mandatory pre-assessment required.

### **GROUP ACUPUNCTURE**

Wednesdays, 10:00 am - 11:00 am

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, 11:00 am - 12:00 pm

### **FIRESIDE INFORMATION SESSION**

Wednesdays, 3:30 pm - 4:30 pm

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

**Download the full [June Class Schedule](#)**

**For the most up to date schedule visit the [Kelowna Live Google 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.**

### **Weekly Online Meditation**

Every Thursday at 7:00 pm PST, join us for 45 minute meditation guided by an experienced meditation teacher. You will practice ways to calm body and mind, and support personal harmony and balance. You can sign-up on our website, via the newsletter or research update link.

*N.B. There will be no meditation on May 25th and July 27th.*

### **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** ▶

