

The Perfect Gift this Mother's Day

A cookbook like no other, Inspired Cooking is full of heartwarming stories and whole food recipes from 21 of Canada's greatest chefs.

"The best cookbook of its kind ... The best edited cookbook of the year ... One of our Top 10 cookbooks of 2016." - Best of Food & Wine with Anthony Gismondi and Kasey Wilson

Available for \$35 at InspireHealth centres and online at www.inspiredcooking.ca

All proceeds support InspireHealth's programs and services. **Learn More »**



Greetings from InspireHealth

Dear ,

We are looking forward to May and its' warmer and sunnier days, along with so many of the enriching classes, programs and events available this month.

Dr. Janice Wright, InspireHealth CEO will be joining a panel of cancer care professionals to discuss '*Does Stress Cause Cancer?*'. This is a free public talk in Vancouver, on Wednesday May 3rd from 7:30 pm - 8:30 pm, [see here](#) for more information.

Our Vancouver and Victoria teams are also delighted to host Dr. Rob Rutledge this May 5, 6 and 7. Medical Oncologist and Associate Professor at Dalhousie University, Dr. Rutledge will be hosting both a public talk and a 1-day seminar, see below or [our website](#) for more information.

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

Vancouver/Lower Mainland

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.

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 Stefenie at smilosz@inspirehealth.ca

Please note all centres will be closed on **Monday, May 22** for Victoria Day.

Best wishes,
InspireHealth team

Community Partners - Giving back to InspireHealth

A big thank you to Heirloom Linens who have chosen InspireHealth as their charity of choice this April!

During the month of April, **50% of the proceeds** of Heirloom's Organic wool mattress overlays will go directly to InspireHealth. Visit their website www.heirloomlinens.com to purchase yours.

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.

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

May 10/11 and May 31/June 1 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. *Open to all InspireHealth members after attendance at the Life Program.*

Mind Wednesday, May 17, 9:30 am - 11:30 am

Spirit Wednesday, May 24, 9:30 am - 11:30 am

Body Date TBC - Please contact the front desk at info@inspirehealth.ca

Passion Friday, May 26, 9:30 - 11:30 am

SUPPORT GROUPS

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

Wednesday, May 17, 6:00 - 7:30 pm

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

Support Person's Support Group (monthly) Wednesday, May 10, 4:30-6:00 pm

Patient Support Group (monthly) Thursday, May 11, 5:30 - 7:00 pm

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

YOGA, MEDITATION & EXERCISE CLASSES

TAI CHI IS BACK!

6 consecutive weeks beginning Friday, May 12, 12:00 - 1:00 pm

Open to Patient Members

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

EXERCISE HOT TOPIC

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

Exercise Motivation Wednesday, May 24, 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, Super Snacks, 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:

Inflammation Tuesday, May 2, 1:30 - 3:00 pm

Goal Setting Tuesday, May 9 11, 1:30 - 3:00 pm

Recognizing and Managing Stress Tuesday, May 16, 1:30 - 3:00 pm

Clean Living Series - Clean Food Tuesday, May 23, 1:30 - 3:00 pm

Clean Living Series - Clean Body Tuesday, May 30, 1:30 - 3:00 pm

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

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

Create a Wellness Journal Wednesday, May 3, 2:00 - 4:00 pm

Creative Arts Peer Support Group Wednesday, May 3, 12:00 - 1:30 pm

UPCOMING EVENTS

Daffodil Dash - come say hi!

This Sunday, April 30th we'll be at the Canadian Cancer Society's Daffodil Dash in Vancouver - be sure to pop over and say hi if you are taking part in the walk!

Does Stress Cause Cancer?

Dr. Janice Wright, InspireHealth CEO will be joining a panel of cancer care professionals to discuss 'Does Stress Cause Cancer?'. A free public talk on Wednesday, May 3rd from 7:30 pm - 8:30 pm, **see here** for more information.

Dr. Rob Rutledge Public Talk and Full Day Seminar

How Understanding Your Brain Can Empower Your Life (open to public) -

Friday Night, May 5, 7:00 - 9:00pm

Skills for Healing 1-Day Cancer Seminar - Saturday, May 6, 9:00 am - 4:00 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. All proceeds go directly towards supportive programs to help those living with cancer and their families.

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

Download the full [May Class Schedule](#)

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

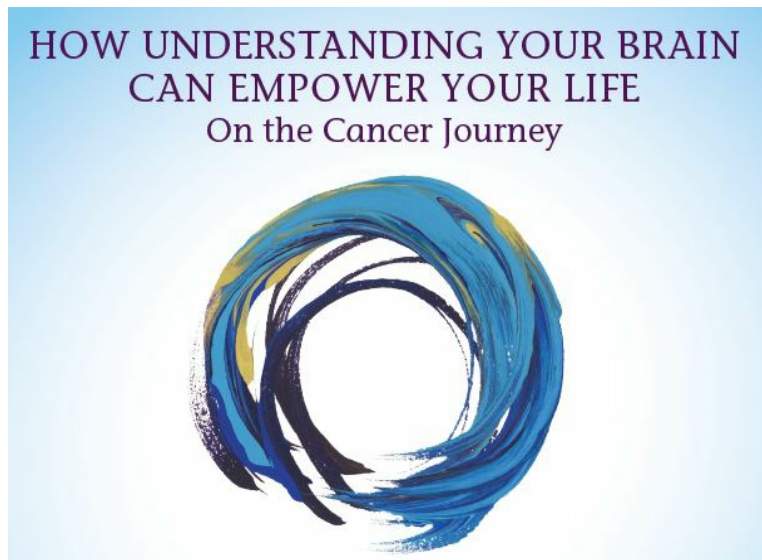
InspireHealth is delighted to host Dr. Rob Rutledge,
Radiation Oncologist and Associate Professor, Dalhousie University
in Vancouver and Victoria this May!

PUBLIC TALK:

How Understanding Your Brain Can Empower Your Life - On the Cancer Journey

Vancouver - May 5th, 7 pm - 9 pm & **Victoria** - May 6th, 7 pm - 9 pm

Open to the public and applicable for all types of cancer.



DAY LONG SEMINAR:

Skills for Healing - Cancer Seminar

Vancouver - May 6th, 9 am - 4pm & **Victoria** - May 7th, 9 am - 4 pm

Open to anyone who has a cancer diagnosis and supportive family members and friends are also welcome.

SKILLS FOR HEALING

Day-Long Cancer Seminar



PLEASE REGISTER, SPACES ARE LIMITED:

Vancouver: Email events@inspirehealth.ca or call Kirsty at 604 734 7125 ext 242.

Victoria events: Email info-vic@inspirehealth.ca or 250-595-7125.

See [our website](#) for more information. Please note the Victoria events are at the Windsor Pavilion.

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
May 17/18 & June 21/22 9:30 am - 3:30 pm

NEWEST CLASSES/GROUPS

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 |

Young Adults Mindfulness, Yoga and Sleep workshop

Tuesday, May 23, 7:00pm - 8:30pm

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.

COOKING CLASSES

Fermented Foods Class Thursday, May 18, 4:00pm-6:00pm

Fermented and cultured foods like miso, tempeh, sauerkraut, pickles, kim chi, kefir, and kombucha are rich in beneficial enzymes, probiotics, vitamins and minerals. They not only taste great but are essential for gut health, aiding digestion, and supporting your immune system. Join us to learn more about the health benefits and sample some of these traditional foods.

UPCOMING EVENTS

Dr. Rob Rutledge Public Talk and Full Day Seminar

How Understanding Your Brain Can Empower Your Life

Public Talk - Saturday Night, May 6, 7:00 - 9:00pm

Skills for Healing 1-Day Cancer Seminar - Sunday, May 7, 9:00 am - 4:00 pm

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 one of their support people.

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

Download the full [May Class Schedule](#)

For the most up to date schedule visit the [Victoria Live Google 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

Wednesdays, Apr 05 - May 10, 1:30 PM to 4:00 PM

2202 Richmond Road, Victoria, V8R 4R5

Cook Street Village Activity Centre

Thursdays, May 04 - Jun 08, 1:00 PM to 3:30 PM

1-380 Cook Street, Victoria, V8V 3X7

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

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

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

July 5/6 9:00am - 3:30pm

Monthly Classes:

EXERCISE & FITNESS

Tai Chi/Qi Gong: May 30th, 9:30am - 10:30am

Exercise Talk: Motivation and Adherence Tuesday, May 16th, 10:00am - 10:45am

SUPPORT GROUP

Patient Support Group: Thursdays, May 11th & 25th, 11:00am - 12:15pm

NUTRITION CLASSES

Cooking for Health - Salads! Thursday, May 11th, 12:30pm - 2:30pm

Nutrition Hot Topic - Digestion: Thursday, May 25th, 1:00pm - 2:30pm

Weekly Classes:

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

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

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

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

Fireside Information Session: Wednesdays, 3:30pm - 4:30pm

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

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.

***Mandatory pre-assessment required.**

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

Download the full [May Class Schedule](#)

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

Online Canada - May 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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