

March is InspireHealth's awareness month

Please join us for our biggest community event of the year,
the InspireHealth 2nd Annual 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 ,

Our 2nd Annual InspireHealth Rain Walk in Vancouver event is less than a week away on Saturday, March 4, 2017 and shortly after in Victoria and Kelowna on March 12, 2017.

If you haven't registered yet, now's the time as pre-registration is closing at 10:00am on Friday, March 3 (Vancouver) and March 10 (Victoria & Kelowna). However you can always sign up on the day!

Please note that fundraising is optional and we encourage everyone to come along and enjoy the day! 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.

Registration fee:

\$40 regular or **\$70** for Deluxe registration - includes an InspireHealth umbrella

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

INSPIREHEALTH IN THE NEWS

InspireHealth member Martha Perkins writes about her friend - Catherine Grand-Scrutton's experience at InspireHealth in this wonderful article in the Vancouver Courier, [An inspirational approach to dealing with cancer](#):

Inspire Health's approach is to inspire rather than dictate. Its approaches are based on empirical evidence, but once the information is provided, people can make their own decisions on how to move forward. "You don't need to buy into anything," Grand-Scrutton says. "Not everyone has to eat fermented foods or do yoga or practise meditation. Everything's an offering - a choice."

OUR LIFE PROGRAM IS COMING TO YOUR COMMUNITY

Vancouver/Lower Mainland

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

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.

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](#).

ON THE BLOG THIS MONTH - Exercise during Cancer Treatment

The majority of oncologists agree that exercise is beneficial, important and

safe for patients with cancer during treatment. Benefits include improved physical functioning, body composition, cardiopulmonary system functioning, appetite, sleep, and health-related quality of life. Exercise may also improve a myriad of treatment side effects, such as bone mineral density, fatigue, peripheral neuropathy, lymphedema, weight gain or loss.

InspireHealth Exercise Therapist and Clinical Director in Kelowna, Terry Heidt (MSc, BHK), explains the importance of [Exercise during Cancer Treatment](#) and guidelines to incorporate in to your routine.

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 **Friday, April 14 (Good Friday)**.

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.



UPCOMING TWO-DAY LIFE PROGRAMS

March 29/30 9:30 am - 3:30 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:

Balance Wednesday, March 15, 2:00 - 3:00 pm

Core Strength Wednesday, April 12, 2:00 - 3:00 pm

FEATURED EXERCISE CLASSES - no experience necessary

Walk & Stretch Thursdays, 1:00 - 2:00 pm

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

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

NUTRITION CLASSES

NEW Grocery Store Tour - Superfoods

Wednesday, March 22, 3:00 - 4:00 pm at City Market on 16th & Arbutus

FREE InspireHealth Talks Around Town

Loblaws City Market Talks:

The Fabulous World of Fermented Foods

Thursday, March 16 6:00 - 7:00 pm at Loblaws City Market Arbutus

Wednesday, March 22 6:00 - 7:00 pm at Loblaws City Market North Vancouver

Wondering what all the buzz on kombucha is about? Or how fermented foods can help digestive, immune, and mental health? Join Angela Wright, Lead Nutritionist of InspireHealth, and Jessica or Brittany, Registered Dieticians with Loblaws City Market to learn the benefits and options in the world of fermented foods. Includes fermented food samples from a variety of cultures, and learn how to make sauerkraut at home.

Register for Arbutus: Call 604-362-4950 or email Brittany.Thomas@loblaw.ca. Register for North Vancouver: Call 778-628-746 or email Jessica.Wang2@loblaw.ca.

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 Angela Wright, Lead Nutritionist of InspireHealth, and Brittany Thomas, Registered Dietician with Loblaws City Market for a demo featuring some of the delicious recipes from Inspired Cooking. Inspired Cooking features 22 of Canada's top chefs who have created a beautiful collection of inspiring whole food recipes. Inspired Cooking is available to purchase at all InspireHealth centres, online from www.inspiredcooking.ca, as well as select retailers such as Loblaws City Market Arbutus.

All proceeds go directly towards supportive programs to help those living with cancer and their families.

New Day, New You! Webcast hosted by Canadian Cancer Society

Available on-demand after April 1 2017

Get the most from your daily nutrition and exercise choices

Join us for a conversation about how to get the most out of your day-to-day

routines. Learn about nutrition, exercise and the relationship between them. InspireHealth Lead Nutritionist, Angela Wright and Exercise Therapist, Breanna Walker will discuss how to take advantage of every opportunity by being proactive, deliberate, and reasonable while establishing your routines. See [poster](#) for more details.

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:

Clean Living - Home Tuesday, March 7, 1:30 - 3:00 pm

Budgeting Time & Money Tuesday, March 14, 1:30 - 3:00 pm

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

Cancer Superfoods Tuesday, March 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, March 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, March 8, 2:00 - 4:00 pm

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

Creative Arts Peer Support Group Wednesday, March 8, 12:00 - 1:30 pm

SUPPORT GROUPS

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

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

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

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

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

Men's Support Group for Patients Friday, March 31, 12:00 - 1:30 pm

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

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

Registration for classes is limited, please email info@inspirehealth.ca or call 604-734-7125 to secure your place.

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

April 5/6 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

Rain Walk Training Group

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

SUPPORT GROUPS

Young Adults Focus Group (18-39 years) Tuesday, March 7, 3:30 pm - 4:30 pm

Come and tell us what you would like to see InspireHealth offer for young adults with cancer.

UPCOMING EVENTS

Rain Walk Sunday, March 12, 9:00 am - 1:00 pm

Join us for this 5km walk. The Rain Walk takes place at Willows Beach celebrating our liquid sunshine and promotes being active year round, in support of raising funds and awareness for InspireHealth. Register online at inspirehealth.ca/rainwalk

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

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

Registration for classes is limited, please call 250-595-7125 to secure your place.

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 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

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

Kelowna RainWalk - Sunday, March 12th, 2017

Please join us and consider making a donation at inspirehealth.ca/rainwalk to help us reach our fundraising goal of \$15,000 and 100 walkers!

MONTHLY CLASSES

Rain Walk Training Group Monday, March 6, 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 1st Annual Rain Walk on March 12, 2017! To register online for the Rain Walk, please go to: www.inspirehealth.ca/rainwalk

Tai Chi/Qi Gong Tuesday, March 28 9:30 am - 10:30 am

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.

Cooking for Health - Healthy Snacks! Thursday, March 16, 12:30 pm - 2:30 pm

Patient Support Group Thursday, March 30 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 available for one date this month.

WEEKLY CLASSES

Exercise and Fitness Mondays, 9:45 am - 10:45 am (Pre-assessment required)

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

Explore the connection between breath and movement while taking the time to relax and connect with your body. All skill levels and experience welcome.

Laughter for the Health of It! Mondays, 12:15 pm - 1:15 pm (No class March 6th & 13th)

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

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

This gentle practice is designed to restore the nervous system and help release deep tension in the body and mind. We spend the duration of the class sitting or lying on our mats with support from props, and blankets.

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.

Group Acupuncture Wednesdays, 10:00 am - 11:00 am

Going through treatment 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

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.

Individualized Exercise and Fitness Thursdays, 9:45 am - 10:45 am
Mandatory pre-assessment required.

InspireHealth-Kelowna is on the road!

Join Dr. Lauren Lypchuk, MD, CCFP, and Ashley Phillips, Clinical Counsellor, from InspireHealth on March 29th, 2017 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.

March 29 **Kamloops**

For program descriptions, please visit **Classes**

For the up to date schedule visit **Kelowna program calendar**

Registration is limited, please email info-kel@inspirehealth.ca or call 250-861-7125 to secure your place.

Kelowna Community Events

DRAGON BOATING FOR BREAST CANCER SURVIVORS



Bust n' Loose is a group of breast cancer survivors based in Kelowna who paddle for fitness and fun to raise awareness about breast cancer and to support breast cancer research. They participate in dragon boat festivals each year and participate in community events, social activities, and much more

throughout the year. If you would like to try out the amazing sport of dragon boating and want more information about our team and our activities, visit www.bustnloose.com or call 250-864-9503.

Online Canada - March 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

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

