

# InspireHealth Supportive Cancer Care

Vancouver - Victoria - Kelowna - Online



Physicians | Clinical Counsellors | Exercise Therapists  
Dietitians & Nutritionists | Classes & Programs | Support Groups

InspireHealth is a not-for-profit supportive cancer care organization partially funded by the BC Ministry of Health. Since 1997, we have provided programs and services that enhance quality of life for people living with cancer and their families. Our cancer rehabilitation services provide practical and personalized exercise therapy, stress management, nutrition, sleep and counselling support.

**All our services, programs and classes are completely free of charge.**

**No referral required.**

[inspirehealth.ca](http://inspirehealth.ca)



**InspireHealth**  
SUPPORTIVE CANCER CARE

## Clinical Consultations with:

Physicians, Clinical Counsellors, Dietitians, Exercise Therapists. *Available in person, via telephone or secure video conference.*

## Our Programs

Facilitated by our clinical team, our programs help you to manage your life with cancer regardless of your type or stage of cancer. You are welcome to attend any time after receiving your diagnosis. Our programs can support you to:

- + Manage work, life and relationships
- + Manage side effects of cancer treatments
- + Take charge of your health and well-being
- + Focus on what is important to you
- + Help with decision making and care planning

## Our Classes

- + Cooking for Health
- + Mindfulness Programs
- + Exercise & Fitness
- + Acupuncture
- + Support Groups
- + Young Adults Programs
- + Creative Arts Programs
- + Men's Group
- + Online Programs



## How to Start?

- 1 Contact us.** Call us or fill out our easy online form.
- 2 Attend a Fireside Information Session.** Drop in for an informal presentation (60-90mins) to learn more about our programs and services and how you can access them. See website for schedules.
- 3 Get started.** Come in for an appointment with one of our clinical team members or attend a class.

## InspireHealth Centres

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[inspirehealth.ca](http://inspirehealth.ca)  
1.888.734.7125



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