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## Greetings from InspireHealth

Dear ,

We have a lot to celebrate at InspireHealth this month!

This April marks our one year anniversary since our services and programs are completely free to all members. We are so pleased to know that as a result, we are now supporting many new patients and their supports. We look forward to continuing to develop our programs and services to meet our growing community.

Our CEO and physician Dr. Janice Wright celebrates her 12th year anniversary with InspireHealth this month. Janice looks forward to many more years of learning, growing and serving the community.

Lastly, we are thrilled with the success of our inaugural Rain Walk last month and are so grateful to all of our members, volunteers, community partners and sponsors who helped make it a success! You can read more about the day below.

Warmest wishes,

InspireHealth team

### *Vancouver Centre Update*

Classes and programs are open to all InspireHealth members unless otherwise noted. Registration is required for all classes; please call 604 734 7125 to secure your place.

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

April 13 & 14 9:30 am - 3:30 pm

April 27 & 28 9:30 am - 3:30 pm

#### **NEWEST CLASSES/GROUPS**

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



April 20, 6-7:30 pm

## **TIME CHANGES**

Exercise Level 1 on Tuesdays is now 10:30 - 11:30 am

Meditation on Tuesdays is now 11:30 am - 12:30 pm

## **OTHER CLASSES**

### **LEAP (Life Enhancing Advanced Program) SESSIONS**

A series of two-hour workshops facilitated by our health professionals, to help you explore the tools and concepts learned in the LIFE Program. Taking part in these group sessions fortifies and inspires greater willingness to commit to new levels of self-care and self-awareness. Leave these sessions feeling refreshed, connected and inspired - mind, body, passion and spirit!

Open to all InspireHealth members after attendance at the Life Program.

**Mind** - Wednesday, Apr. 6, 9:30-11:30 am

**Body** - Friday, Apr. 8, 9:30-11:30 am

**Spirit** - Wednesday, Apr. 20, 9:30-11:30 am

**Passion** - Friday, Apr. 22, 9:30-11:30 am

## **YOGA CLASSES**

Gentle Yoga Every Monday, 9:30-10:45 am OR 11 am-12:15pm

Laughter Yoga Every Tuesday 9:30-10:30 am

Yoga Nidra (Relax & Restore) Every Tuesday, 5:30-6:45 pm

Yoga Level 1 Every Wednesday, 5:30-6:45 pm OR Thursday 9:30-10:45 am

Yoga Beginners Every Thursday, 11 am -12:15 pm

Chair Yoga (for patients) Every Friday, 2:00-3:00 pm

## **Creative Arts Peer Support Group (Monthly)**

Wednesday, April 6 from 12:00-1:30 pm

This support group was initiated by one of our members, Lorry Hughes, an artist and experienced art mentor/teacher. Bring your own art or a piece of art to share - something that inspires you (sketches, paintings, poetry, writing, music etc).

## **Walk and Stretch**

Every Thursday, 1:00-2:00 pm

Join our exercise team for a walk in the neighbourhood and a relaxing stretch at the end.

## **COOKING FOR HEALTH**

What's for Dinner Thursday, Apr. 7, 2:00-4:00 pm

Fermented Foods Saturday, Apr. 9, 10:30 am-12:30 pm

Supersnacks Thursday, Apr. 21, 2:00-4:00 pm

Let's Make Soup Saturday, Apr. 30, 10:30 am-12:30 pm

## **NUTRITIONAL LEARNING**

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

Hot Topic - Cancer Superfoods Tuesday, Apr. 5, 2:00-3:30 pm

Stress & Adrenal Balancing Tuesday, Apr. 19, 2:00-3:30 pm

## EXERCISE LEARNING

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

Exercise, Inflammation & Immunology Wednesday, Apr. 20, 2:00pm - 3:00pm

## SUPPORT GROUPS

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

Wednesday, Apr. 20 from 6-7:30 pm

Open to patient members only.

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

Open to patient members only.

**Support Person's Support Group**

Wednesday, Apr. 20 from 4:30-5:30 pm

Open to support members only.

**Patient Support Group (monthly)**

Thursday, Apr. 7 from 5:30-7 pm

Open to patient members only.

**Men's Support Group for Patients (monthly)**

Friday, Apr. 15 from 12-1:30 pm

Open to patient members only. Bring your lunch if desired.

Classes do fill up quickly so to avoid missing out, please call us to register at 604-734-7125. See here for the [Vancouver program calendar](#)

## InspireHealth's inaugural Rain Walk - what a fantastic day!

A BIG thank you to all our members, volunteers, sponsors and team for making our inaugural Rain Walk one to remember!

On Sunday March 13th, at Queen Elizabeth Park 170 participants came out to join us and raise money for InspireHealth. There was an amazing energy and sense of community. We had speeches from dedicated members, as well as RBC Olympian Mercedes Nicoll, the most decorated rider of the Canadian women's halfpipe team.

As the rain continued, we ended the day with a round of laughter yoga and many fantastic prizes were awarded and raffled. We couldn't be more thankful to all those who helped make this possible, we are truly blown away by surpassing our goal of \$50,000!

Save the date for mid-March in 2017 and we also plan to bring the walk to Victoria and Kelowna next year.



## Nourish Yourself with InspireHealth Victoria Center Fundraising Event, Sunday April 10th

Victoria Center Fundraising Event!  
Nourish yourself with InspireHealth  
Fundraiser! Sunday, April 10th from 6-8pm.

Celebrate a year of free membership with our InspireHealth Victoria team with an elegant evening. The menu includes seasonal crudité, including bites of cultured cashew cheese, local grass-fed charcuterie, and the infamous buckwheat seed bread. Nourishing liquids, such as traditional bone broth, bubbling kefir, or a glass of sustainably sourced Okanagan wine.



The evening will include live music and a silent auction filled with beautiful items and certificates that

the Victoria team has hand selected as some of their favourite things. All funds raised will go directly towards the Victoria site and maintaining our free membership.

Thank you for supporting the InspireHealth community- we hope to see you there!

Tickets are \$67.88 and can be purchased at [eventbrite](#) or by calling the centre, 250-595-7125.

## Victoria Centre Update

### Life Program

Upcoming 2 Day Life Programs:

April 6/7 and May 18/19

### Victoria Center Fundraising Event!

**Nourish yourself with InspireHealth Fundraiser! Sunday, April 10th from 6-8pm.**



Celebrate a year of free membership with our InspireHealth Victoria team with an elegant evening of delicious food and beverages and live music. There will also be a silent auction filled with beautiful items and certificates that the Victoria team has hand selected as some of their favourite things. All funds raised will go directly towards the Victoria site and maintaining our free membership.

Thank you for supporting the InspireHealth community- we hope to see you there!

Tickets can be purchased online at [eventbrite](#) or by calling the centre, 250-595-7125.

### Lymphedema Information Session: Tuesday April 26, 3:30pm-4:30pm

Hosted by Carol Armstrong, BA, RMT - Lymphedema Specialist and Medical Garment Fitter

One function of the lymph nodes is to filter and concentrate fluids. When nodes undergo surgery and/or radiation to treat cancer, the outcome can be over-accumulation of fluids in the tissues.

Lymphedema may occur shortly after treatment, or many years later. Learn about the very early signs and symptoms, what may help reduce risk of developing it, how to manage lymphedema if it has already developed, and what resources are available in your community.

### Feature Class!

Nutrition Workshop: Inflammation: Tuesday, April 19th 5:00pm-6:30pm

Come and learn about how inflammation relates to chronic illness and ways to reduce it naturally through diet and lifestyle choices.

To continue to accommodate our growing number of members pre-registration is required for all classes by calling the centre at 250-595-7125.

[Victoria program calendar](#) >>

## Kelowna Centre Update

### **NEW Yoga Class!**

Starting Wednesday, April 20th we have a 3:30 - 4:30pm Gentle Flow yoga class! Come join your fellow yogi's for all the amazing benefits yoga has to offer - relaxation and release tight muscles.



### **Patient Support Group is back!**

Research has shown that participation in a support group can be effective in diminishing the distress associated with cancer. The support group will be available the 2nd and 4th Thursday of the month from 11am - 12:15pm. Please sign up at the front desk.

### **Group Acupuncture**

Wednesdays, 10 - 11am

Going through treatment? Or experiencing the side effects of chemotherapy or radiation? Come join Michael Cote for acupuncture at the centre. Research shows acupuncture reduces nausea, pain levels, post-treatment fatigue, hot flashes and more. Nervous? Come and sit in on a session to see what it's all about. Please sign up at the front desk.

### **Next LIFE program - May 4 & 5 (Wednesday & Thursday), 9:00am - 4:00pm**

Come join us for our signature LIFE program. Our program has been full as of late - register soon for May program. Please bring your spouse or support person. We have a limit of 25 participants per LIFE program. Delicious lunch and snacks are provided.

### **Cooking for Health - Salads**

Thursday, April 21 - 12:30 - 2:30pm \*NEW TIME\*

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. Flavour and quality.

### **Hot Topic - Stress**

Thursday, April 28, 1 - 3:30pm

On a daily basis, we can be bombarded with all types of stresses. They might be emotional, chemical, physical, or dietary; real or perceived. But your body only has so many resources to deal with all the stressors we take on over time. Learn how your body can benefit when you decrease the stressors that are in your control, leaving you more resources to deal with the stresses that still remain. See how stresses of all types can affect your immune system, adrenal glands, weight, and mood - and what you can do about it today!

### **InspireHealth, On The Road!**

Clinical Counsellor, Ashley Phillips, will be visiting Penticton on Tuesday, April 26 at Shatford Centre for the Arts. Mark it on your calendar! Come play for a morning to learn fun meditation skills and create a mini collage to serve as a gentle reminder of your commitment to yourself. We invite you to bring images that inspire you - perhaps images, words, or a picture that you love of yourself. We will have an array of art supplies and images on hand to create your collage. If you can use a glue stick, you can create art. The afternoon is available for appointments. Please call 250-861-7125 or email [info-kel@inspirehealth.ca](mailto:info-kel@inspirehealth.ca) to register.

PENTICTON - Tuesday, April 26 at The Shatford Centre for the Arts - 760 Main Street

- 10:00am - 12:00pm      Meditation and Collage Class
- 1:15pm - 3:30pm      Counselling Appointments Available

[Kelowna program calendar >>](#)

## Thank you to our partners in the community

### **Okanagan Yoga Centre is giving back to InspireHealth!**

Try one of their karma classes between March and June and proceeds will be donated to InspireHealth! Okanagan Yoga Centre, 104 - 3710 Hoskins Road, West Kelowna, V4T 2H8 [www.okanaganyogacentre.ca](http://www.okanaganyogacentre.ca)



### **Calabash Bistro, Vancouver**

Calabash Bistro in Vancouver, held an evening featuring local musicians and raised over \$100 for InspireHealth on March 29th. For more information [www.calabashbistro.com](http://www.calabashbistro.com)

### **Host your own event?**

If you would like to host a third party event to benefit InspireHealth, we would love to hear from you! Please contact Stefenie Milosz, [smilosz@inspirehealth.ca](mailto:smilosz@inspirehealth.ca)

## Online Canada Programs and Classes - April 2016

Online Canada is our virtual centre that provides digital offerings for people who are either Online Members or current members that would like to gain access to InspireHealth learning from their home. Here are the webinars featured this month:



### **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.

Four live sessions are provided in a convenient online format in which you can ask questions to a health practitioner. Through this program you learn powerful ways to prevent cancer, alleviate symptoms of cancer treatment, reduce the likelihood of recurrence, and optimize your body's healing potential.

### **Part 1: Foundations of Healing Tues., April 5, 2016 from 2 - 4:00 pm**

Learn an optimal integrative cancer care approach to engage the mind, body, spirit and immune system and create a solid foundation for health and healing.

### **Part 2: Nutrition - Inspired to Eat Healthy Tues., April 12, 2016 from 2 - 4:00 pm**

This module will teach you the key areas for nutritional change to enhance your health. Even small changes to your diet help to optimize your body's healing potential.

**Part 3: Self-care and Support Tues., April 19, 2016 from 2- 4:00 pm**

This dynamic webinar explores ways of discovering deeper levels of awareness, strategies to manage stress and how we can support authentic, healthy communication.

**Part 4: Physical Activity - Inspired to Move Tues., April 26, 2016 from 2-4:00 pm**

Understand how exercise can help prevent cancer, reduce side effects and enhance the effectiveness of cancer treatments. You'll learn how simple and intentional movement helps you feel better and contributes to your health and well-being.

**Lunchtime Hot Topic - Digestion**

Open to all InspireHealth members and the public, please check the website for the schedule.

Register here: <http://www.inspirehealth.ca/webinars>

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

