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InspireHealth
SUPPORTIVE CANCER CARE

Greetings from InspireHealth

Dear ,

The sun is out, the days are blissfully longer, to say we're happy that summer is around the corner would be a complete understatement. In addition to the balmy weather, there are many things to look forward to this month at InspireHealth!

All of our May feature classes and Hot Topic presentations are outlined below. The LIFE Webinar, a four part series is starting at the end of the month. The series provides a convenient, online format that you can enjoy from the comfort of your home. A great resource for members located in rural or remote areas, but also as a refresher course for those who attended the LIFE program a while ago.

New website!

We have launched our new website and we hope enjoy the new layout and functionality. Please note there is no longer a member's only section so you can easily access and share all of InspireHealth's resources with your family and friends.

On the road

We're on the road - InspireHealth is coming to Penticton on 24th May. Next month, we are also hosting our first program in Surrey, on Thursday June 16th. This event is made possible through our partnership with the Canadian Cancer Society, please see below for more information.

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.

We will be closed on Monday, May 23 (Victoria Day)

UPCOMING TWO-DAY LIFE PROGRAMS

May 25 & 26 9:30 am - 3:30 pm

NEWEST CLASSES/GROUPS

Beginner's Tai Chi

This month we are offering a Tai Chi program. Beginning May 6, members will enjoy learning the basics of Tai Chi over a 5-week course.

NUTRITION CLASSES

COOKING FOR HEALTH

Healthier Baking Thursday, May 5, 2:00-4:00 pm

Breakfast Time! Saturday, May 14, 10:30 am-12:30 pm

Fermented Foods Thursday, May 19, 2:00-4:00 pm

Simply Salads Thursday, June 2, 2:00-4:00 pm

NUTRITIONAL LEARNING

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

Stress & Adrenal Balancing Tuesday, May 24, 1:30 - 3:00 pm

Nutritional Goal Setting Tuesday, May 24, 1:30 - 3:00 pm

Clean Living - Food & Labels Tuesday, May 31, 1:30 - 3:00 pm

EXERCISE CLASSES

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

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.

EXERCISE LEARNING

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

Exercise & Nutrition Wednesday, May 18, 2:00pm - 3:00pm

THE LYMPHATIC SYSTEM

Lymphedema Prevention & Management

Wednesday, May 25 from 5:00 pm - 6:00 pm

ART CLASSES

Create a Wellness Journal
Tuesday, May 3 from 12:00-1:30 pm

Vision Boarding (Collage)
Wednesday, May 4 from 10 am-1:00 pm

Creative Arts Peer Support Group (Monthly)
Wednesday, June 1 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).

SUPPORT GROUPS

Young Adults with Cancer Support Group (18-39)
Wednesday, May 18 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, May 18 from 4:30-5:30 pm
Open to support members only.

Patient Support Group (monthly)Thursday, May 12 from 5:30-7 pm
Open to patient members only.

Men's Support Group for Patients (monthly)
Friday, May 13 from 12-1:30 pm
Open to patient members only. Bring your lunch if desired.

To continue to accommodate our growing number of members pre-registration is required for all classes by calling the centre at 604-734-7125. Please check the Vancouver program calendar for the most up to date information.

Third Party Upcoming Events
The book launch for 'Passport to Life' written by Annie Poole, will be hosted on Saturday June 11th from 7:00pm - 9:30pm at the Creekside Community Centre, 1 Athletes Way, Vancouver, V5Y 0B1. For more information see here. $1 from each ticket will be donated to InspireHealth.

A Supportive Cancer Care Workshop For Anyone Affected By Cancer

InspireHealth
SUPPORTIVE CANCER CARE

InspireHealth on the Road - Coming to Surrey! June 16th, 2016

When: Thursday June 16th from 9:30am to 3:30pm
Where: Near Surrey Memorial Hospital
(exact location to be confirmed)
Register: Please call 604-734-7125 before June 10th
Cost: This workshop is available free of charge.

This workshop provides powerful tools for those living with a cancer diagnosis. We provide information to take charge of your health and to alleviate symptoms of cancer treatment, reduce the likelihood of reoccurence and optimize health and well-being.
This program is open to anyone with a current or previous cancer diagnosis and their support persons, at no cost. To reserve your place, please call 604-734-7125 by June 10th.

This program is proudly made available in Surrey through our partnership with The Canadian Cancer Society.

Canadian Cancer Society

Financial Planning for a Life Change - Hosted by RBC InspireHealth Vancouver Centre, May 25th

Date: Wednesday 25th May
Time: 6:30pm - 7:30pm
Location: InspireHealth Vancouver Centre
Register: Please call 604 734 7125

RBC

RBC will be hosting an presentation on Financial Planning for a Life Change, this presentation will cover:

1. Financial Planning - retirement solutions, projections and strategies, including portfolio reviews and consolidations strategies to provide convenience and

a line of sight for the future.

2. Estate Planning - importance of estate planning, components of an estate plan, steps to get started, choosing the right executor - including legacy options - donating to charities & tax implication.
3. Tips for Budgeting and Borrowing - Determining your budget and adjusting as necessary, reviewing your borrowing needs and preparing for unexpected expenses.

The format of the evening will be a 30-minute presentation and then 30 minutes for Q&A.

If you are interested in attending this free presentation, please call InspireHealth 604 734 7125 to reserve your place. Members are welcome to bring family members and friends.

Victoria Centre Update

Nourish Yourself - Thank you to our wonderful community

Thank you to our community in Victoria for supporting the 'Nourish Yourself' dinner on Sunday, April 10th. We enjoyed a evening of delicious, healthful food with wonderful company. A big thank you to everyone that came and supported this event and our generous sponsors.

Upcoming LIFE Program:
May 18 & 19 (Wednesday & Thursday)

Classes at the Centre 'Hot Topics'
Wednesday, May 25: The Synergy of Exercise and Nutrition, 2:00-3:00pm.
Join our exercise and nutrition team for these informative talks open to all members and the public. 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.

Lymphedema Information Session: Tuesday May 31, 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: May 31st, 5:00pm - 6:30pm Fermented Foods

Join nutritionist Amber Baker for this demonstration style workshop where we'll be sampling and discussing the many benefits of fermented food products. You will learn how to incorporate these traditional food staples into your modern diet.

To continue to accommodate our growing number of members pre-registration is required for all classes by calling the centre at 250-595-7125. For the up to date schedule visit Victoria program calendar >>

Kelowna Centre Update

Next LIFE program

June 1st and 2nd (Wednesday & Thursday) 9:00 am - 3:30 pm

Come join us for our signature LIFE program. Register soon for our June program. Please bring your spouse or support person. We have a limit of 25 participants per LIFE program. Delicious lunch and snacks are provided.

NEW CLASSES

Gentle Flow Yoga

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 - relax and release tight muscles.

Balance Class

Thursday, May 26 9:00 - 9:30am

Come join this one time class in May - Balance! Treatment side effects, such as neuropathy or surgery, age, and lack of exercise, can impact our balance. It is scheduled right before exercise class at 9:45am and is the perfect way to set yourself up for success.

Group Acupuncture

Wednesdays, 10 - 11am

Experiencing the side effects of chemotherapy or radiation? Come join Michael Cote for acupuncture at the centre. This is for those who are in active treatment or who are experiencing side effects post-treatment. 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.

Patient Support Group is back!

2nd and 4th Thursday of each month : 11:00 - 12:15pm

Research has shown that participation in a support group can be effective in diminishing the distress associated with cancer. The group is facilitated by InspireHealth Clinical Counsellor Ashley Phillips. Please sign up at the front desk either in person or by phone (250-861-7125).

Cooking for Health - Breakfast

Thursday, May 12th 12:30 - 2:30pm

It's true - breakfast is the most important meal of the day. It can set your day up for ease or stress depending on our choices. Learn about how to include protein and fat to an often carb-heavy meal, and get some ideas for breaking out of the toast and cereal mold. Set your day up for success through healthy breakfast choices!

Hot Topic - Toxins

Thursday, May 26, 1:00- 3:30pm

We can have a perfect diet, but if we're bathing in chemicals and breathing in toxins we still have some work to do. Learn about chemicals not only in our food and water, but also in our personal care products, cleaning supplies, and other objects we're exposed to on a daily basis. Learn some simple steps to decrease your exposure without sacrificing your favourite creature comforts!

InspireHealth, On The Road!

Exercise Therapist, Terry Heidt, will be visiting Penticton on Tuesday, May 24 at Shatford Centre for the Arts. Mark it on your calendar! Come attend a presentation on the Mind-Body Connection or a Fireside Information Session. See the available times below and call (250-861-7125) or email (info-kel@inspirehealth.ca) to register.

PENTICTON - Tuesday, May 24th - The Shatford Centre for the Arts - 760 Main Street

- 10:30am - 12:00pm Core Exercises
- 1:00 - 2:00pm Fireside Information Session

To continue to accommodate our growing number of members pre-registration is required for all classes by calling the centre at 250 - 861 - 7125. For the most up to date schedule please visit Kelowna program calendar >>

Third Party Fundraising for InspireHealth

Buy a box of local, organic produce from Spud and Support InspireHealth

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 - Starting May 31st

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 - May 31st
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: Self-care and Support - June 7
This dynamic webinar explores ways of discovering deeper levels of awareness, strategies to manage stress and how we can support authentic, healthy communication.

Part 3: Nutrition - Inspired to Eat Healthy - June 14
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 4: Physical Activity - June 21
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.

Hot Topic - Live Webinars
Open to all InspireHealth members and the public

Lymphedema Prevention & Management Wednesday, May 25, 2:00 - 3:00 pm.
Learn how to prevent and manage Lymphedema associated with cancer and subsequent treatments.

Register here: www.inspirehealth.ca/webinars

Change someone's life today!
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