

Greetings from InspireHealth

Dear ,

In this month's newsletter we've included some delicious, easy to make recipes for summer salads. As well as updates for each centre, including new classes and different opportunities to get involved with InspireHealth.

We hope you are enjoying the summer, although it's been somewhat unpredictable so we thought this quote is worth sharing, particularly for those not so sunny days like today...

'Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating; there is really no such thing as bad weather, only different kinds of good weather.' John Ruskin

Thanks for reading and if there is something you would like to see in the newsletter, please send us a email with your suggestions!

Best wishes,

InspireHealth team

Fresh Salad Recipes for Summer

Summer is here and that means its salad time! With the abundance of fresh local produce at this time of year, you can have salad for breakfast, lunch and dinner. All those colorful fruits and vegetables are brimming with fibre, vitamins, minerals and antioxidants. Antioxidants help protect the body from damage caused by harmful molecules called free radicals. There is a lot of research supporting the link between eating lots of vegetables and fruits and lower risks of many diseases including cancer.

Be sure to include some healthy fats (like the monounsaturated fat found in olive oil, avocados and nuts) with your salads. These fats can help your body absorb protective phytonutrients such as lycopene from tomatoes, beta-carotene from carrots and lutein from dark green vegetables. Go shop, pick or harvest and mix up all those amazing colors, textures and tastes to create your own wonderful salads.

To give you started and inspired, here are some delicious recipes from our website. To see the full recipe click on the name.

[Breakfast Slaw](#)



[Watermelon Cucumber](#)

[Quinoa Tabouli](#)



[Kale Caesar](#)



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, August 1 (BC Day).

Cancellation policy

If you cannot attend a class or appointment, we kindly request that you notify us as soon as possible. A minimum of 24 hour notice is appreciated as this will enable us to accommodate other members on the waiting list.



UPCOMING TWO-DAY LIFE PROGRAM

July 13/14 9:30 am - 3:30 pm

UPCOMING CLASSES

COOKING FOR HEALTH

Soups & Bone Broth Thursday, July 7, 2:00 - 4:00 pm

Simply Salads Saturday, July 9, 10:30 am - 12:30 pm

What's For Dinner? Thursday, July 21, 2:00 - 4:00 pm

Supersnacks Saturday, July 23, 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:

Mindful Eating Tuesday, July 5, 1:30 - 3:00 pm

Stress & Adrenal Balancing Tuesday, July 19, 1:30 - 3:00 pm

OTHER

Lymphedema Prevention & Management

Wednesday, July 27 from 5:00 pm - 6:00 pm

SUPPORT GROUPS

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

Wednesday, July 20 from 6-7:30 pm

Patient Support Group (weekly)

Wednesdays, 2:00-3:30 pm

Support Person's Support Group

Wednesday, July 20 from 4:30-5:30 pm

Patient Support Group (monthly)

Thursday, July 14 from 5:30-7 pm

Men's Support Group for Patients (monthly)

Friday, July 15 from 12-1:30 pm

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 [Vancouver program calendar >>](#)

VOLUNTEER OPPORTUNITIES

We are looking for a volunteer support to help us plan and execute our next major fundraising event this December. We will need support in event logistics, promotions, sponsorship and outreach for donations for our silent auction. This role will be about a 5 hour a week commitment with increased hours closer to the event. If you are interested in finding out more, please email volunteering@inspirehealth.ca

Victoria Centre Update

Classes and programs are open to all InspireHealth members unless otherwise noted. Registration is required for all classes; please call 250-595-7125 to secure your place.

We will be closed on Monday, August 1 (BC Day)

UPCOMING TWO-DAY LIFE PROGRAMS

July 20/21 & September 28/29 from 9:30 am - 3:30 pm



NEWEST CLASSES/GROUPS

Beginner's Tai Chi

This summer we are offering a Tai Chi program. Beginning July 6-August 24, members will enjoy learning the basics of Tai Chi. Often described as meditation in motion, Tai Chi can improve coordination and balance while building muscle strength. This relaxing practice may help to soothe the nervous system through connection to your breath

Zumba

A fun dance-based exercise class that focuses on balance, range of motion, and coordination. This low impact class creates a fun and energizing environment through the use of music, dance, and movement. Different rhythms are used from all over the world to take participants through easy choreography that provides a total body workout. No dance experience required!

NUTRITION CLASSES

COOKING FOR HEALTH

Super Snacks - Tuesday, July 12, 2:00-4:00 pm

What's for Dinner? - Tuesday, July 26, 2:00-4:00 pm

Fermented Foods - Tuesday, August 9, 2:00-4:00 pm

Splendid Salads - Tuesday, August 23, 2:00-4:00 pm

NUTRITIONAL LEARNING

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

Movie Night: Fed Up, August 17th, 5:00pm-6:30pm.

EXERCISE CLASSES

YOGA CLASSES

Gentle Yoga: Every Monday and Friday, 9:30am-10:45am.

THE LYMPHATIC SYSTEM

Lymphedema Prevention & Management: Tuesday, July 26 from 3:30pm-4:30pm.

SUPPORT GROUPS

Open Conversation: Support Group for Patient Members & Supporters:

Tuesday July 19 & Tuesday August 16, from 3:00pm - 4:30pm.

Open to patient members and support members

VOLUNTEER OPPORTUNITIES

We are currently looking for volunteers to help with various areas of programming and projects at the

Victoria Centre. If you are interested in learning more please connect with us via email at volunteer-vic@inspirehealth.ca. Volunteer application forms are available on our website [here](#).

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

NEW: Laughter for the Health of it!

Tuesday, July 12th: 12:30pm - 1:30pm

Laughter for the Health of it initiates laughter as a body exercise in a group with childlike playfulness. It soon turns into real and contagious laughter. There are many great benefits to laughter, such as reduced stress, strengthened immune system, and supporting a positive attitude overall. Come join what's sure to be a hilarious time.



NEW DAY & TIME: Cooking for Health - Salads

Saturday, July 16th: 10:30am - 12:30pm

Salads are a great way to make a meal! Summer is a busy time of year and salads are easy, simple, and versatile. We'll share some new salad ideas and learn how to make great healthy dressings from scratch to replace processed dressings. Each recipe is loaded with nutrient-dense ingredients to support our health.

Nutrition HOT TOPIC: Inflammation

Thursday, July 21st: 1:00pm - 2:30pm

Hosted by our nutritionist, Lisa Aschenbrenner, learn more about inflammation from a nutrition perspective. We'll talk about all aspects of inflammation, including how it is created in the body and its role in the development of cancer. You'll leave with practical tips to help you balance your own inflammation through your everyday food choices.

Group Acupuncture

Wednesdays: 10am - 11am

Going through treatment or experiencing lingering side effects of chemotherapy or radiation after treatment? 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 register ahead of time due to limited space.

Exercise Balance Class

Thursday July 28th: 9:00am - 9:30am

Open to all levels. This is an individualized class that focuses on all aspects of dynamic and static balance.

NEW TIME: Patient Support Group is back!

Thursday July 28th: 10:45am - 11:45pm

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 10:45am - 11:45pm. Please sign up at the front desk. Our only available date this month is Thursday July 28th.

Next LIFE program

August 3rd & 4th (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 August program. Please bring your spouse or support person. We have a limit of 25 participants per LIFE program. Delicious lunch and snacks are provided.

InspireHealth in Penticton!

Clinical Director and Exercise Therapist, Terry Heidt, will be visiting Penticton on July 26th at the Shatford Centre for the Arts. Mark it on your calendar! See the available times below and call **250-861-7125** or email info-kel@inspirehealth.ca to register for a presentation or appointment.

PENTICTON - Tuesday, June 28- The Shatford Centre for the Arts - 760 Main Street

- 10:30am - 12:00pm Exercise and the Immune System
- 12:30pm - 1:30pm InspireHealth Education Session: (Open to the Public)

Online Canada - July 2016

Online Canada is our virtual centre that provides access to medical guidance, 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

This program provides care and support in a way that is convenient for you through online webinars and "virtual visits", removing the need to travel to a major centre to receive services.



Virtual visits are now available via secure video teleconferencing, enabling you to have face-to-face communication with the physician or allied health professional during your virtual consultation. This is made possible through Medeo, a program that offers high definition, private and secure video and messaging-based virtual care tools.

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.

Four sessions are provided in a convenient online format. 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.

[You can watch the LIFE Webinar Series any time, visit our Video Library on our website.](#)

Part 1: Foundations of Healing - Recording available:

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

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

Part 3: Nutrition - Inspired to Eat Healthy

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

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. Watch the webinar here

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

