

*Join us in providing supportive cancer care  
to all Canadians affected by cancer*

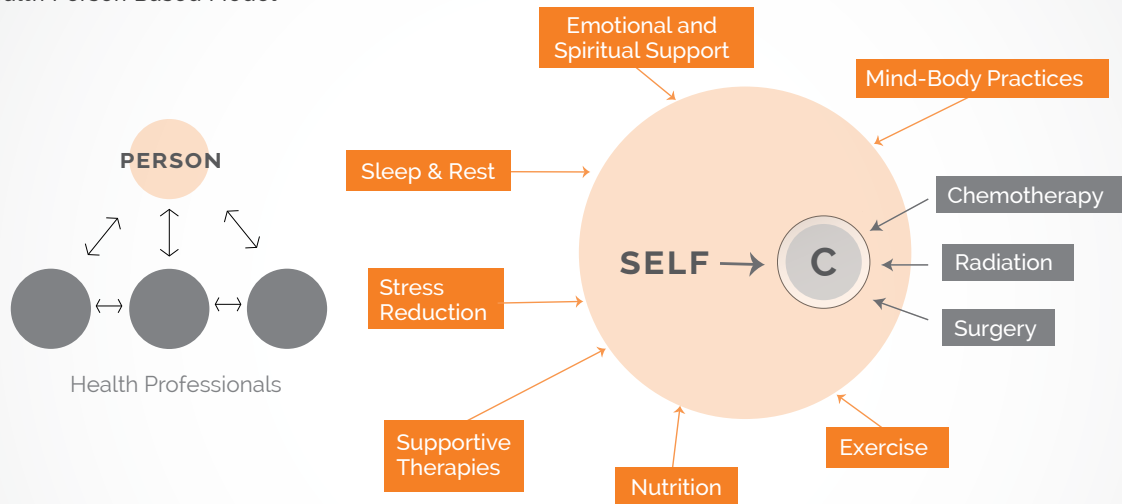


InspireHealth  
SUPPORTIVE CANCER CARE

## About Us

InspireHealth was founded by two medical doctors in 1997 with the intention of providing person-centred care to support health and well-being for people living with cancer and their families. We provide patients with the knowledge, tools, and services to support their overall health, during and after standard cancer treatments, including chemotherapy, radiation, surgery and medications. All of our recommendations and programs are safely integrated with a person's standard cancer treatments.

### InspireHealth Person Based Model



**Figure 1.** Person Based Model – In this model, the person plays a fundamental role in their own health and well-being. Although surgery, radiation and chemotherapy can play a very important role in treating the cancer, it is the person and their health - mind, body and spirit – that is the focus of care.

## Our Programs

Our programs teach ways to alleviate symptoms of cancer treatment, may reduce the likelihood of recurrence and optimize health and well-being.

### ► THE LIFE PROGRAM

An introduction to supportive cancer care, a two-day program which explores InspireHealth's foundations of Health and Healing. Participants are encouraged to bring family members or support people with them.

### ► LIFE WEBINAR SERIES

An education program presented in a convenient online format; accessible to Canadians nationally. It is presented in four series, Healing Foundations, Nutrition, Self-Care and Support and Physical Activity.

### ► LIFE ENHANCING ADVANCED PROGRAM (LEAP)

A follow up to the LIFE program, participants are encouraged to return for four LEAP group sessions and delve deeper into the foundations, inspiring greater levels of self-care and self-awareness.

## Our Services

1 hour consultations & 30 minute follow up visits:

- + Physicians
- + Nutritionists
- + Clinical Counsellors (individual and family counselling available for all patients)
- + Exercise Therapists

## Our Classes

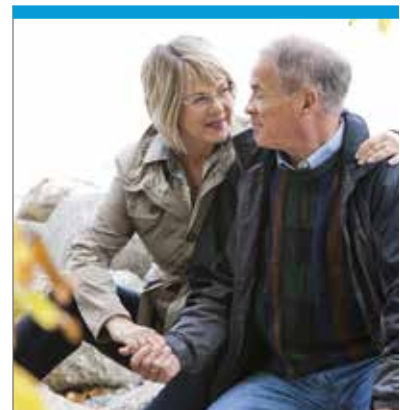
- + Cooking for Health
- + Relaxation & Visualization
- + Meditation
- + Exercise Classes
- + Yoga
- + Laughter
- + Support Groups
- + Art Therapy
- + Young Adults

## Charles' Story

After experiencing a seizure, Charles underwent surgery and was diagnosed with brain cancer in January 2015. After being away for several months, Charles returned to his work as a lawyer while balancing life with his wife and kids aged, 2, 4, and 6. However, he felt unprepared for many of the emotional challenges that came with his diagnosis. After an oncologist suggested InspireHealth, he felt that he found a powerful resource.



*“The InspireHealth program has certainly opened my eyes ... In the midst of the personal and family turmoil that a diagnosis can bring, InspireHealth provides an opportunity to inform and center you. To equip you to make changes to your lifestyle where required and support you in finding your ‘new normal’ during and after cancer. It truly is an amazing program that has helped me immensely in my recovery.”*



*“These two days (LIFE program) have marked a turning point in my life. I feel I have turned a corner, where the sun is shining. Thank you for helping me find out about my power, my choices, my future”.*

**Stay in touch 1.888.734.7125**

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### INSPIRELIFE CANADA VIRTUAL CENTRE

inspirehealth.ca/  
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JOIN OUR ONLINE COMMUNITY @INSPIREHEALTHBC



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



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