

LIFE Program

“I can’t think of a better place to be for a person with a recent diagnosis of cancer. The emphasis on placing the person at the centre of the healing process is really empowering.” -
LIFE Program Participant



The LIFE Program is InspireHealth’s flagship program for people living with cancer. The LIFE Program consists of 12 hours of education and experiential learning over a 2-day period and helps to transform the fear of a cancer diagnosis into health-inspired action. This fundamental shift engages people in their own care and helps them to look at their cancer experience in a completely new way – one that empowers them in their own health in the recognition that through their own actions, they can improve the quality of their life, risk of recurrence, and chance of survival.

The LIFE Program includes an introduction to supportive cancer care and healing and an exploration of the Foundations of Health and Healing. Healthful nutrition, physical movement and exercise, meditation, visualization, group sharing, and reframing exercises are explored with the InspireHealth multidisciplinary team of medical doctors and health professionals.

The LIFE Program is an optional program for patients, offered regularly at InspireHealth. Health professionals are encouraged to attend (limited to two participants per LIFE Program, preregistration is required). The following InspireHealth Centres offer monthly LIFE Programs:

InspireHealth - Vancouver
200 –1330 W 8th Avenue
Telephone: 604.734.7125
Toll-Free: 1.888.731.7125

InspireHealth - Victoria
212 -2187 Oak Bay Avenue
Telephone: 250.595.7125
Toll-Free: 1.888.731.7125

InspireHealth - Kelowna
204 –1740 Gordon Avenue
Telephone: 250.861.7125
Toll-Free: 1.888.731.7125

The goal of this program is to empower cancer patients with leading edge research-based information on supportive cancer care, provide a practical framework for people to support the creation of their own individualized healing plan, and bring self-care to the forefront of healing and cancer prevention recurrence by giving patients a solid foundation with which they can incorporate and build upon in their daily lives.



The components of the 2-day LIFE Program are: 1) DAY 1- Foundations of Healing: Taking Charge Of Your Health; Shared Learning Groups; Exercise and Cancer; Research in Supportive Cancer Care; Stress Reduction Techniques 2) DAY 2- Introduction to Meditation; Foundations of Healing Part;

Taking Charge of Your Health II; Group Stretching; Healthful Nutrition and Nutrition Physiology; Healthy Communication; Emotional Freedom Technique (Tapping); Overview InspireHealth Programs and Classes. Both days have whole-food vegetarian lunches prepared by InspireHealth volunteers.



About InspireHealth

ABOUT INSPIREHEALTH: InspireHealth is a community-based organization that provides supportive cancer care. We create an individualized program for people with cancer focusing on, quality of life stress reduction and support for navigating the cancer experience. We also offer programs for cancer patients' family and friends. As of April 1, 2015, InspireHealth is free of charge to all Canadians living with cancer and their support people. Any person with a new or past cancer diagnosis can become a member of InspireHealth. Please visit the InspireHealth website at www.inspirehealth.ca