



**InspireHealth helps cancer patients and their support people enhance their quality of life and well-being through programs and services that support the mind, body and spirit.**

**All services are FREE of charge. No doctor referral is required.**

### **Our Programs Support You**

- Manage side effects of cancer treatments
- Reduce stress and improve mental health
- Improve sleep and reduce fatigue
- Help with decision making and care planning
- Manage work, life, and relationships

### **InspireHealth Services & Programs (Currently Offered Virtually or by Phone)**

- Individualized 60-minute session with a Supportive Care Physician, Clinical Counsellor, Registered Dietitian or Exercise Therapist.
- Workshops and classes including cancer education, exercise, stress management, nutrition, self-care, meditation, yoga, art therapy, and more. See our monthly schedule attached or visit us online at [www.inspirehealth.ca](http://www.inspirehealth.ca).
- You can access our services from anywhere on your mobile device (phone or tablet) or on a computer. All you need is Internet access.

### **Get Started Today**

Get started by attending a ***Fireside Information Session*** to learn more, or by booking a class or ***individualized session*** with a Supportive Care Physician, Registered Dietitian, Exercise Therapist or Clinical Counsellor. Our information sessions are offered multiple times a week and are open to patients and their loved ones. **Contact us today.**

**Toll-free**  
**1.888.734.7125**

**Email**  
**[info@inspirehealth.ca](mailto:info@inspirehealth.ca)**

**Register Online**  
**[www.inspirehealth.ca](http://www.inspirehealth.ca)**

# September 2021

| MONDAY                                    | TUESDAY   | WEDNESDAY                   | THURSDAY   | FRIDAY                           |
|---|---|-----------------------------|--|----------------------------------|
|   |   | <b>1</b>                    | <b>2</b>   | <b>3</b>                         |
|   |   | 9:30-10:30AM: Chair Yoga* ■ | 9:30-10:30AM: Group Strength & Stretch* ■              | 9:30-10:30AM: Gentle Yoga* ■     |
|   |   | 1:30-2:45PM: Gentle Yoga* ■ | 1-2PM: Plant-Filled Snacks (CC) ▲                      | 11AM-12PM: Fireside Info Session |
|   |   |                             | 5-6PM: Fireside Info Session                           |                                  |
|   |   |                             | 7-7:45PM: Guided Meditation ☼                          |                                  |
| <b>6</b>                                  | <b>7</b>  | <b>8</b>                    | <b>9</b>   | <b>10</b>                        |
| Statutory Holiday<br>No Classes           | 9:30-10:30AM: Group Strength & Stretch* ■           | 9:30-10:30AM: Chair Yoga* ■ | 9:30-10:30AM: Group Strength & Stretch* ■              | 9:30-10:30AM: Gentle Yoga* ■     |
|   | 1:30-2:30PM: Beginner's Group Strength & Stretch* ■ | 1:30-2:45PM: Gentle Yoga* ■ | 11AM-12:30PM: Lymphedema Info Session                  | 11AM-12PM: Fireside Info Session |
|   | 5-5:30PM: Gratitude Meditation ☼                    |                             | 1:30-3PM: Balancing Blood Sugars (NW) ▲                |                                  |
|   | 7-8PM: Qigong for Sleep & Relaxation* ■             |                             | 5-6PM: Fireside Info Session                           |                                  |
|   |   |                             | 7-7:45PM: Guided Meditation ☼                          |                                  |
| <b>13</b>                                 | <b>14</b>   | <b>15</b>                   | <b>16</b>  | <b>17</b>                        |
| 9:30-10:30AM: Aerobics* ■                 | 9:30-10:30AM: Group Strength & Stretch* ■           | 9:30-10:30AM: Chair Yoga* ■ | 9:30-10:30AM: Group Strength & Stretch* ■              | 9:30-10:30AM: Gentle Yoga* ■     |
| 11:15AM-12:15PM: Mindfulness Meditation ☼ | 11AM-12:30PM: Explore & Care for Your Emotions ●    | 1:30-2:45PM: Gentle Yoga* ■ | 1-2PM: Tofu! (CC) ▲                                    | 11AM-12PM: Fireside Info Session |
| 1:30-2:30PM: Restorative Yoga* ■          | 1:30-2:30PM: Beginner's Group Strength & Stretch* ■ |                             | 5-6PM: Fireside Info Session                           |                                  |
| 3-4PM: Fireside Info Session              | 5-5:30PM: Gratitude Meditation ☼                    |                             | 7-7:45PM: Guided Meditation ☼                          |                                  |
|   | 7-8PM: Qigong for Sleep & Relaxation* ■             |                             |  |                                  |
| <b>20</b>                                 | <b>21</b>   | <b>22</b>                   | <b>23</b>  | <b>24</b>                        |
| 9:30-10:30AM: Aerobics* ■                 | 9:30-10:30AM: Group Strength & Stretch* ■           | 9:30-10:30AM: Chair Yoga* ■ | 9:30-10:30AM: Group Strength & Stretch* ■              | 9:30-10:30AM: Gentle Yoga* ■     |
| 11:15AM-12:15PM: Mindfulness Meditation ☼ | 11AM-12:30PM: Self-Compassion Pt.1 ●                | 1:30-2:45PM: Gentle Yoga* ■ | 1:30-3PM: Nutritional Side Effects of Treatment (NW) ▲ | 11AM-12PM: Fireside Info Session |
| 1:30-2:30PM: Restorative Yoga* ■          | 1:30-2:30PM: Beginner's Group Strength & Stretch* ■ |                             | 5-6PM: Fireside Info Session                           |                                  |
| 3-4PM: Fireside Info Session              | 5-5:30PM: Gratitude Meditation ☼                    |                             | 7-7:45PM: Guided Meditation ☼                          |                                  |
|   | 7-8PM: Qigong for Sleep & Relaxation* ■             |                             |  |                                  |
| <b>27</b>                                 | <b>28</b>   | <b>29</b>                   | <b>30</b>  |                                  |
| 9:30-10:30AM: Aerobics* ■                 | 9:30-10:30AM: Group Strength & Stretch* ■           | 9:30-10:30AM: Chair Yoga* ■ | 9:30-10:30AM: Group Strength & Stretch* ■              |                                  |
| 11:15AM-12:15PM: Mindfulness Meditation ☼ | 11AM-12:30PM: Self-Compassion Pt.2 ●                | 1:30-2:45PM: Gentle Yoga* ■ | 1-2PM: Fall Soups (CC) ▲                               |                                  |
| 1:30-2:30PM: Restorative Yoga* ■          | 1:30-2:30PM: Beginner's Group Strength & Stretch* ■ |                             | 5-6PM: Fireside Info Session                           |                                  |
| 3-4PM: Fireside Info Session              | 5-5:30PM: Gratitude Meditation ☼                    |                             | 7-7:45PM: Guided Meditation ☼                          |                                  |
|   | 5-6 PM: Pelvic Floor Info Session ■                 |                             |  |                                  |
|   | 7-8PM: Qigong for Sleep & Relaxation* ■             |                             |  |                                  |
|   | 5:30-7:00PM: Self-Care for Support People ●         |                             |  |                                  |

■ Exercise (Pre-consultation required) ▲ Nutrition (Cooking Class=CC or Nutritional Workshop=NW) ◆ Physician Session ☼ Stress Reduction ● Counselling

Contact us today to get started with an information session, a program, or to book a private session with a Supportive Care Physician, Registered Dietitian, Exercise Therapist or Clinical Counsellor.

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