

MINDFULNESS

ACTIVE LIVING

REDUCING STRESS

HEALING FOODS

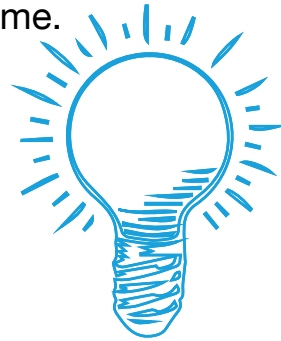
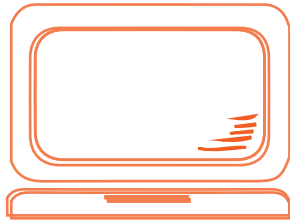
SLEEP & REST

JOY & LAUGHTER

HOPE

Do you have a cancer diagnosis and live in Canada?

InspireLIFE Canada, is a FREE online program that brings our individualized healthy lifestyle program to the comfort of your home.



The InspireLIFE Canada is presented by InspireHealth is at no cost and available to all Canadian residents living with cancer their chosen support people. To be eligible, participants must have had a recent or past cancer diagnosis and provide a provincial health card number.

InspireLIFE Canada benefits:

- The online Education Session, an introduction to InspireHealth approach
- Individual appointments by phone or video call with a physician, nutritionist, exercise therapist and a clinical counsellor
- Interactive group webinars:
- Life Webinar Series (four parts)
- Monthly Nutrition and Exercise webinars
- Online cooking classes and exercise videos
- Live online meditation classes
- A private online community network
- 100-page InspireHealth Guide



For more information about InspireHealth visit: www.inspirehealth.ca

To apply for the InspireLIFE Canada program, visit www.inspirehealth.ca/online