



THE CENTRE FOR
HEALTH
INNOVATION

Your key to good health

INSPIRE NOW

A program of self-agency and group support
for people living with lung cancer

The Centre for Health Innovation (CHI) is offering this program to support the needs of those living with lung cancer. People with lung cancer may have physical and emotional concerns such as fatigue, shortness of breath, worry, pain, sadness, and may experience stigma. Additionally, people often have the desire to learn what they can do to support their health. *Inspire Now* aims to help people with these unique concerns through the support of a warm and caring group setting.

Through informational talks, group support, and guided activities, *Inspire Now* participants will explore:

- ✓ Social Support
- ✓ Nutrition
- ✓ Thoracic Movement, Gentle Yoga and Breath Practice
- ✓ Benefits of Exercise
- ✓ Mind Body Practices
- ✓ Stress Management
- ✓ Working with Grief



Our multidisciplinary team of practitioners and facilitators aims to provide those with lung cancer a safe space for emotional growth, self-agency, and practical tools to better help navigate life with lung cancer.

WHEN: Will run for 6 weeks every Thursday from February 25 - April 1
from 9:30 a.m. - 12:30 p.m.

WHERE: Online with ZOOM ([Click here](#) to learn how to join with Zoom)

REGISTER ONLINE by February 19 at www.thechi.ca/inspirenow or call 613-792-1222

Thanks to our donors this is a fully subsidized program and there is no cost to participate.