



**CCNM**

Patterson Institute for  
Integrative Oncology Research



THE CENTRE FOR  
**HEALTH  
INNOVATION**

# INSPIRE NOW

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

The Patterson Institute for Integrative Oncology Research is offering this program through the CHI to support the needs of those living with cancer in the lungs. People with lung cancer and those with lung metastases 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 a safe space for emotional growth, self-agency, and practical tools to better help navigate life with lung cancer or lung metastases.



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**WHEN:** Will run for 6 weeks every Thursday from October 2 to November 6, 2025  
from 2:00 – 4:30 p.m.

**WHERE:** Online with ZOOM

**REGISTER ONLINE** by Tuesday, September 30 at [thechi.ca/inspirenow](https://thechi.ca/inspirenow) or call 613-792-1222

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