

# **INSPIRELIFECANADA AND INSPIREHEALTH**

## **FREE RESOURCE FOR THOSE WITH CANCER**

**If you know someone with cancer who is dealing with fatigue from treatment and needs help in co-creating a nutrition and wellness plan, InspireHealth is now offering supportive cancer care services free of charge. Any resident of Canada with a past or current cancer diagnosis and a Provincial Health Number is eligible for a free one-year membership at InspireHealth's centres in Vancouver, Victoria, Kelowna or the virtual centre InspireLife Canada.**

**InspireHealth is a not-for-profit organization funded in part by the BC Ministry of Health and is a care team of family physicians and allied health professionals. Patients are encouraged to create an individualized plan that improves health in multiple areas such as nutrition, exercise, sleep, stress reduction, healthy communication, rekindling passion and joy in living. The approach is non-pharmacological with a focus on lifestyle factors. No referral is required.**

**For more information call 1-888-734-7125 or view [www.inspirehealth.ca](http://www.inspirehealth.ca). InspireHealth offers workplace wellness talks, cancer prevention and cancer recovery talks. To set up a talk, please contact Mark Fernandes, at 604-734-7125 ext. 242.**