



## LIFE Program

Foundations of Supportive Care

### A Comprehensive Program for Every Step of Your Cancer Journey

InspireHealth's signature LIFE Program provides essential tools and knowledge to support and empower individuals facing cancer, along with their loved ones.

This **FREE** in-person program is led by our team of supportive care clinicians including Physicians, Counsellors, Dietitians and Exercise Physiologists. Lunch is provided.

**Join us for the July LIFE Program in-person, in Kamloops**

#### You will learn about:

- Sleep Management
- Nutrition
- Cancer education
- Exercise & movement
- Stress Reduction & Self-Care

**Date:** July 21, 2026

**Time:** 9:00 am - 3:30 pm

**Location:** InspireHealth Centre  
243 Seymour Street  
Kamloops, BC



#### Spaces are limited!

Register at [inspirehealth.ca/lifeprogram](http://inspirehealth.ca/lifeprogram) or call toll-free 1.888.734.7125

InspireHealth is a non-profit organization where patients and their loved ones can receive free, comprehensive supportive cancer care services, for any type of cancer, at any stage, and from diagnosis, through treatment and beyond. **Learn more at [inspirehealth.ca](http://inspirehealth.ca)**