

North Shore In-Person Education Sessions Fall 2023

Managing Hip/Knee Arthritis		
Thurs Sept 21	10:00 - 12:00PM	HOPE
Tues Oct 10	10:00 - 12:00PM	HOPE
Fri Nov 3	10:00 - 12:00PM	HOPE
Tues Dec 12	10:00 - 12:00PM	DIAB
Exercise & Arthritis		
Wed Sept 20	10:00 - 12:00PM	HOPE
Tues Oct 17	10:00 - 12:00PM	DIAB
Mon Nov 6th	10:00 - 12:00PM	HOPE
Tues Dec 5	10:00 - 12:00PM	DIAB
Pain Management		
Thurs Sept 7 th	10:00 - 12:30PM	HOPE
Wed Oct 25 th	1:00 - 3:00PM	SIL
Tues Oct 31 st	10:00 - 12:30PM	DIAB
Thurs Nov 9 th	10:00 - 12:30PM	HOPE
Sleep and Stress		
Thurs Oct 5 th	2:00 - 4:00PM	PARK
Nutrition, Supplements & Arthritis		
Wed Oct 11	10:00 - 12:30 PM	HOPE
Tues Nov 7	10:00 - 12:30 PM	DIAB
Tues Dec 5	1:00 - 3:30 PM	HOPE
Mindful Eating Parts 1 & 2		
Tues Oct 3 Part 1	1:00 - 3:00 PM	HOPE
Tues Oct 31 Part 2	1:00 - 3:00 PM	HOPE
Tues Nov 14 Part 1	10:00 - 12:00PM	DIAB
Tues Nov 28 Part 2	10:00 - 12:00PM	DIAB
Beverages, What to Know		
Thurs Nov 30	2:00 - 3:30 PM	PARK
Arthritis and Your Hands		
Tues Sept 19	10:00 - 12:00PM	DIAB
Tues Oct 3	10:00 - 12:00PM	DIAB
Fri Nov 17	10:00 - 12:00PM	HOPE
Fri Dec 15	10:00 - 12:00PM	HOPE
Shoulder Arthritis		
Wed Nov 29	1:00 - 3:00PM	SIL
Pole Walking for Arthritis		
Tues Sept 26	10:00 - 11:30AM	GAR
Tues Oct 24	10:00 - 11:30AM	GAR
Tues Nov 21	10:00 - 11:30AM	GAR
Tues Dec 19	10:00 - 11:30AM	GAR

<p>Registration Required: DIAB - 604-875-4544 West Van. Com. Centre Diabetes Room – 2nd Floor 2121 Marine Drive, West Van.</p>	<p>GAR - 604-875-4544 West Van. Com. Centre Garden Room - Main Floor 2121 Marine Drive, West Van.</p>
<p>SIL - 604-980-2474 Silver Harbour Centre 144 22nd St E, North Van.</p>	<p>HOPE - 604-875-4544 2nd floor (Room 2112), Hope Centre 1337 St Andrews Ave, North Van</p>
<p>PARK 604-929-3727 Parkgate Library 3675 Banff Court, North Van.</p>	<p>It's Free! For more information, go to our website: oasis.vch.ca or email oasis@vch.ca</p>