

North Shore In-Person Education Sessions Winter 2024

****Registration Required – See last page for details****

Managing Hip/Knee Arthritis		
Wed Jan 31	1:00 - 3:00PM	SIL
Fri Feb 9	10:00 - 12:00PM	JOHN
Tues Mar 12	10:00 – 12:00PM	DIAB
Mon Apr 22	10:00 – 12:00PM	HOPE
Exercise & Arthritis		
Fri Jan 26	10:00 - 12:00 PM	HOPE
Mon Feb 12	10:30 - 12:30PM	PARK
Thurs Feb 22	2:00 - 3:30PM	WVLIB
Fri Feb 23	10:00 - 12:00PM	JOHN
Wed Feb 28	1:00 - 3:00PM	SIL
Tues Mar 5	1:00 - 3:00PM	HOPE
Tues Apr 23	10:00 - 12:00PM	DIAB
Pain Management		
Thurs Feb 8	12:00 – 2:00PM	PARK
Thurs Mar 7	10:00 – 12:30	HOPE
Tues Apr 16	0900 – 1100AM	DIAB
Nutrition, Supplements & Arthritis		
Tues Feb 6	10:00 - 12:30 PM	DIAB
Fri Feb 16	10:00 - 12:00 PM	JOHN
Wed Mar 27	1:00 – 3:30 PM	SIL
Mindful Eating Parts 1 & 2		
Tues Mar 5 (Part 1)	10:00 - 12:00PM	DIAB
Tues Mar 19 (Part 2)	10:00 – 12:00PM	DIAB
Thurs Apr 9 (Part 1)	1:00 – 3:00 PM	HOPE
Tues Apr 16(Part 2)	1:00 – 3:00 PM	HOPE
Arthritis and Your Hands		
Mon Jan 29	10:30 - 12:30PM	PARK
Thurs Feb 15	2:00 - 3:30PM	WVLIB
Fri Mar 8	10:00 -12:00PM	JOHN
Tues Apr 30	10:00 – 12:00PM	DIAB
Osteoarthritis of the Spine		
Mon Mar 18	10:00 – 12:00PM	HOPE
Wed Apr 24	1:00 – 3:00PM	SIL

Foot and Ankle Arthritis		
Mon Feb 12	1:00 -3:00PM	HOPE
Thurs Apr 4	10:00 –12:00PM	HOPE
Beverages		
Tues Feb 27	10:00 – 11:30AM	DIAB
Tues Mar 6	10:00 – 11:30 AM	HOPE
Pole Walking for Arthritis		
Wed Jan 17	10:00 - 11:30AM	GAR
Wed Feb 21	10:00 - 11:30AM	GAR
Wed Mar 6	10:00 - 11:30AM	GAR
Wed Apr 17	10:00 - 11:30AM	GAR

REGISTRATION

Please call the appropriate location to register:

<p>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>HOPE - 604-875-4544 2nd floor, Hope Centre 1337 St Andrews Ave, North Van</p>	<p>JOHN – 604-875-4544 John Braithway Community Centre 145 West 1st Street North Vancouver</p>
<p>PARK 604-929-3727 Parkgate Library 3675 Banff Court, North Van</p>	<p>SIL - 604-980-2474 Silver Harbour Centre 144 22nd St E, North Van.</p>
<p>WVLIB – 604-925-7400 West Van. Memorial Library 1950 Marine Drive W, West Van</p>	

All classes are FREE!

For more information and our **WEBINAR** schedule, go to our website:

oasis.vch.ca

Or email: oasis@vch.ca