

Vancouver In-Person Education Sessions Winter 2024

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

Managing Hip/Knee Arthritis		
Mon March 11	10:00 - 12:00PM	MPAC
Thurs March 14	1:00 - 3:00PM	MTPLEASANT
Exercise & Arthritis		
Wed Feb 28	9:30 - 11:00AM	KEN
Mon Mar 4	10:00 - 12:00PM	MPAC
Wed Apr 3	10:00 - 12:00PM	MPAC
Tues April 9	10:00 – 11:30AM	SUNSET
Wed April 10	9:30 – 11:30AM	HILL
Pain Management		
Thurs Feb 29	1:00 – 3:00PM	MPAC
Wed April 3	2:00 - 4:30PM	VPL
Thurs April 4	1:00 – 3:00PM	MPAC
Wed April 17	9:30 – 11:30AM	HILL
Nutrition, Supplements & Arthritis		
Thurs Jan 25	1:00 – 3:00 PM	MTPLEASANT
Wed Feb 28	3:00 – 5:30 PM	MPAC
Tues April 2	10:00-12:30PM	SUNSET
Thurs April 11	1:00 – 3:00 PM	KERR
Mindful Eating		
Thurs Feb 22 (Part 1)	1:00 – 3:00PM	MTPLEASANT
Thurs Mar 21 (Part 2)	1:00 – 3:00PM	MTPLEASANT
Hand Arthritis		
Wed Mar 6	9:30 - 11:00AM	KEN
Tues Apr 30	10:00 - 12:00PM	MPAC
Sleep and Stress Management		
Wed April 24	9:30 – 11:30AM	HILL
Osteoarthritis of the Spine		
Thurs March 21	10:00 - 12:00PM	MPAC
Foot and Ankle Arthritis		
Thurs Feb 29	10:00 - 12:00PM	MPAC

Shoulder Arthritis		
Tues March 19	10:00 - 12:00PM	MPAC
Introduction to Meditation		
Wed Feb 28	1:00 – 2:00PM	KERR
Beverages		
Fri March 15	10:00 - 11:30AM	REN
Working from Home - Ergonomics		
Tues March 5	10:00 – 11:30AM	VPL
Pole Walking for Arthritis		
Thurs Feb 29	1:00 – 2:30PM	MTPLEASANT
Wed Mar 13	10:00 - 11:30AM	ROUND
Tues Apr 9	10:00 - 11:30AM	CREEK
Tues Apr 23	10:00 – 11:30AM	SUNSET
Basic Hip and Knee Exercises (Practical Session)	*Must attend “Exercise and Arthritis” as a prerequisite	
Fri Mar 8	10:00 – 11:30AM	MPAC
Tues Mar 26	1:00 – 2:30PM	MPAC
Wed Apr 10	10:00 – 11:30AM	MPAC
Mon Apr 22	10:00 – 11:30AM	MPAC

Registration Required - See next page for details

REGISTRATION

Please call the appropriate location to register:

<p>CREEK – 604-257-3050 Creekside Community Centre 1 Athlete’s Way, Vancouver</p>	<p>KEN – 604-718-6200 Kensington Community Centre 5175 Dumfries St., Vancouver</p>
<p>KERR – 604-257-8100 Kerrisdale Community Centre 5851 West Boulevard, Vancouver</p>	<p>MPAC - 604-875-4544 OASIS – Mary Pack Arthritis Centre 895 W 10th Ave, Vancouver</p>
<p>MTPLEASANT - 604-257-3080 Mount Pleasant Community Centre 1 Kingsway, Vancouver</p>	<p>REN – 604-257-8388 Renfrew Park Community Centre 2929 East 22nd Avenue, Vancouver</p>
<p>ROUND – 604-713-1800 (Press 1) Roundhouse Community Centre 181 Roundhouse Mews, Vancouver</p>	<p>SUNSET - 604-718-6505 Sunset Community Centre 6810 Main Street, Vancouver</p>
<p>VPL – 604-331-3603 Central Library, Room 916 350 W Georgia St, Vancouver</p>	<p>HILL – 604 257 8680 Hillcrest Community Centre 4575 Clancy Loranger Way, Vancouver</p>

All classes are FREE!

For more information and our **WEBINAR** schedule, go to our website: oasis.vch.ca
 Or email: oasis@vch.ca