

North Shore In-Person Education Sessions April 2024

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

Managing Hip/Knee Arthritis		
Mon Apr 22	10:00 – 12:00PM	HOPE
Exercise & Arthritis		
Tues Apr 23	10:00 - 12:00PM	DIAB
Pain Management		
Tues Apr 16	0900 – 1100AM	DIAB
Nutrition, Supplements & Arthritis		
*returns next month		
Mindful Eating Parts 1 & 2		
Tues 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		
Tues Apr 30	10:00 – 12:00PM	DIAB
Osteoarthritis of the Spine		
Wed Apr 24	1:00 – 3:00PM	SIL
Foot and Ankle Arthritis		
Thurs Apr 4	10:00 –12:00PM	HOPE
Beverages		
*returns next Month		
Pole Walking for Arthritis		
Wed Apr 17	10:00 - 11:30AM	GAR

REGISTRATION

Please call the appropriate location to register:

DIAB - 604-875-4544 West Van. Com. Centre Diabetes Room – 2nd Floor 2121 Marine Drive, West Van.	GAR - 604-875-4544 West Van. Com. Centre Garden Room - Main Floor 2121 Marine Drive, West Van.
HOPE - 604-875-4544 2nd floor, Hope Centre 1337 St Andrews Ave, North Van	JOHN – 604-875-4544 John Braithway Community Centre 145 West 1st Street North Vancouver
PARK 604-929-3727 Parkgate Library 3675 Banff Court, North Van	SIL - 604-980-2474 Silver Harbour Centre 144 22nd St E, North Van.
WVLIB – 604-925-7400 West Van. Memorial Library 1950 Marine Drive W, West Van	

All classes are FREE!

For more information and our class schedules, go to our website:

www.vch.ca/oasis

Or email: oasis@vch.ca