

Vancouver In-Person Education Sessions Spring / Summer 2024

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

| Managing Hip/Knee Arthritis | | |
|---|-----------------|------------|
| Thurs May 9 | 1:00 - 3:00PM | MTPLEASANT |
| Wed May 15 | 9:30 - 11:30AM | HILLCREST |
| Thurs June 6 | 2:00 - 4:00PM | VPL |
| Fri June 14 | 10:00 - 12:00PM | MPAC |
| Mon July 15 | 10:00 -12:00PM | MPAC |
| Mon Aug 19 | 10:00 – 12:00PM | MPAC |
| Exercise & Arthritis | | |
| Thurs May 2 | 1:00 – 3:00PM | MTPLEASANT |
| Tues May 21 | 10:00 - 12:00PM | MPAC |
| Wed June 19 | 10:00 - 12:00PM | MPAC |
| Fri July 12 | 10:00 – 12:00PM | MPAC |
| Wed Aug 7 | 10:00 - 12:00PM | MPAC |
| Pain Management | | |
| Thurs May 16 | 1:00 – 3:30PM | MPAC |
| Thurs June 13 | 1:00 – 3:00PM | MPAC |
| Tues July 2 | 1:00 – 3:00PM | MPAC |
| Wed Aug 21 | 1:00 – 3:00PM | MPAC |
| Nutrition, Supplements & Arthritis | | |
| Tues May 21 | 3:30 – 6:00 PM | MPAC |
| Wed June 12 | 3:00 – 5:30 PM | MPAC |
| Thurs July 25 | 1:00 – 3:30 PM | MPAC |
| Tues Aug 13 | 2:00 - 4:30 PM | MPAC |
| Mindful Eating Parts 1 and 2 | | |
| Wed May 8 (Part 1) | 9:30 – 11:30 AM | HILL |
| Wed May 29 (Part 2) | 9:30 – 11:30 AM | HILL |
| Tues June 4 (Part 1) | 3:00 – 5:00 PM | MPAC |
| Tues June 18 (Part 2) | 3:00 – 5:00 PM | MPAC |
| Thurs July 11 (Part 1) | 1:00 – 3:00 PM | MPAC |
| Thurs July 18 (Part 2) | 1:00 – 3:00 PM | MPAC |
| Hand Arthritis | | |
| Fri May 10 | 2:00 – 4:00PM | VPL |
| Wed May 22 | 9:30 – 11:30 AM | HILL |
| Tues July 16 | 10:00 – 12:00PM | MPAC |
| Tues Aug 27 | 1:00 – 3:00PM | MPAC |

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| Sleep and Stress Management | | |
| Thurs June 27 | 10:00 – 1200PM | MPAC |
| Osteoarthritis of the Spine | | |
| Wed May 1 | 9:30 – 11:30AM | HILL |
| Tues June 25 | 10:00 – 12:00 | MPAC |
| Thurs Aug 15 | 10:00 – 12:00 | MPAC |
| Foot and Ankle Arthritis | | |
| Tues June 4 | 10:00 - 12:00PM | MPAC |
| Mon Aug 26 | 10:00 – 12:00PM | MPAC |
| Shoulder Arthritis | | |
| Tues May 14 | 10:00 - 12:00PM | MPAC |
| Mon July 22 | 9:00 - 11:00AM | MPAC |
| Introduction to Meditation | | |
| Thurs June 20 | 2:00 - 3:00PM | MPAC |
| Beverages | | |
| Thurs May 16 | 1:00 – 2:30 PM | MTPLEASANT |
| Thurs July 4 | 11:00 – 12:30PM | MPAC |
| Pole Walking for Arthritis | | |
| Tues May 7 | 10:00 - 11:30AM | SUNSET |
| Thurs May 23 | 1:00 - 2:30PM | MTPLEASANT |
| Tues June 4 | 10:00 - 11:30AM | CREEK |
| Tues July 9 | 10:00 - 11:30AM | CREEK |
| Basic Hip and Knee Exercises (Practical Session) | | *Must attend “Exercise and Arthritis” as a prerequisite |
| Mon May 6 | 10:00 - 11:30AM | MPAC |
| Wed May 29 | 10:00 – 11:30AM | MPAC |
| Mon June 3 | 10:00 - 11:30AM | MPAC |
| Wed June 26 | 10:00 - 11:30AM | MPAC |
| Wed July 3 | 10:00 - 11:30AM | MPAC |
| Thurs July 18 | 10:00 – 11:30AM | MPAC |
| Fri Aug 16 | 10:00 – 11:30AM | MPAC |
| Wed Aug 28 | 10:00 – 11:30AM | MPAC |

Registration Required - See next page for details

REGISTRATION

Please call the appropriate location to register:

| | |
|---|---|
| CREEK – 604-257-3050 Creekside Community Centre 1 Athlete's Way, Vancouver | MPAC - 604-875-4544 OASIS – Mary Pack Arthritis Centre 895 W 10th Ave, Vancouver |
| MTPLEASANT - 604-257-3080 Mount Pleasant Community Centre 1 Kingsway, Vancouver | SUNSET - 604-718-6505 Sunset Community Centre 6810 Main Street, Vancouver |
| VPL – 604-331-3603 Central Library, Room 916 350 W Georgia St, Vancouver | Hillcrest – 604- 257-8680 4575 Clancy Loranger Way, Vancouver |
| <p style="text-align: center;">All classes are FREE!</p> <p style="text-align: center;">For more information and our webinar schedule, go to our website: www.vch.ca/oasis Or email: oasis@vch.ca</p> | |