

North Shore In-Person Education Sessions Spring / Summer 2024

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

Managing Hip/Knee Arthritis		
Tues June 4	10:00 - 12:00PM	DIAB
Tues June 18	10:30 - 12:30PM	CAP
Fri July 12	10:00 – 12:00PM	HOPE
Tues Aug 13	10:00 – 12:00PM	DIAB
Exercise & Arthritis		
Wed June 5	10:00 – 12:00 PM	HOPE
Tues Aug 6	10:00 - 12:00PM	DIAB
Pain Management		
Wed May 22	1:00 – 3:30PM	HOPE
Thurs June 6	2:00 – 4:30PM	CAP
Tues June 18	9:30 – 12:00PM	DIAB
Nutrition, Supplements & Arthritis		
Tues May 14	10:00 – 12:00PM	DIAB
Tues July 30	1:00 – 3:30 PM	HOPE
Mindful Eating Parts 1 & 2		
Thurs May 23 (Part 2)	1:00 – 3:00 PM	HOPE
Tues June 11 (Part 1)	10:00-12:00PM	DIAB
Tues June 25 (Part 2)	10:00 -12:00PM	DIAB
Arthritis and Your Hands		
Tues May 7	10:30 - 12:30PM	CAP
Mon May 13	10:00 - 12:00PM	HOPE
Wed May 29	1:00 - 3:00PM	SIL
Tues July 9	10:00 – 12:00PM	DIAB
Fri Aug 16	10:00 - 12:00PM	HOPE
Osteoarthritis of the Spine		
Tues July 2	10:00 – 12:00PM	HOPE
Shoulder Arthritis		
Mon June 24	10:00 – 12:00PM	HOPE
Foot and Ankle Arthritis		
Mon June 3	10:00 -12:00PM	HOPE
Wed Aug 28	1:30 –3:30PM	HOPE

Beverages		
Thurs May 30	1:00 – 2:30 PM	HOPE
Tues July 16	10:00 – 11:30 AM	DIAB
Pole Walking for Arthritis		
Wed May 22	10:00 - 11:30AM	GAR
Wed June 19	10:00 - 11:30AM	GAR
Tues July 16	1:30 – 3:00PM	WVSC

REGISTRATION

Please call the appropriate location to register:

DIAB - 604-875-4544 West Van. Com. Centre Diabetes Room – 2 nd 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 2 nd floor, Hope Centre 1337 St Andrews Ave, North Van	JOHN – 604-875-4544 John Braithway Community Centre 145 West 1 st Street North Vancouver
SIL - 604-980-2474 Silver Harbour Centre 144 22 nd St E, North Van.	CAP – 604-987-4471 Capilano Library 3045 Highland Blvd., North Van.
WVSC – 604-875-4544 West Vancouver Seniors Centre 695 21 st Street, West Van.	

All classes are FREE!

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

Class dates and times listed may change.
 Please visit www.vch.ca/oasis for the most current version of this schedule.