

North Shore In-Person Education Sessions Spring / Summer 2024

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

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| 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 |

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| | 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 |

REGISTRATION

Please call the appropriate location to register:

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| 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 |
| SIL - 604-980-2474 Silver Harbour Centre 144 22nd St E, North Van. | CAP – 604-987-4471 Capilano Library 3045 Highland Blvd., North 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