

# North Shore In-Person Education Sessions

## May-August 2025

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

<p><b>CORE CLASSES</b></p> <p>Get the most important information for managing arthritis</p>	<b>Managing Hip/Knee Arthritis</b>		
	Tues May 6	10:00 – 12:00PM	DIAB
	Fri June 27	10:00 – 12:00PM	HOPE
	Tues July 8	10:00 – 12:00PM	DIAB
	Mon Aug 25	10:00 – 12:00PM	HOPE
	<b>Exercise &amp; Arthritis</b>		
	Fri May 23	10:30 – 12:30PM	HOPE
	Tues June 24	10:00 – 12:00 PM	DIAB
	Tues July 22	10:30 – 12:30PM	HOPE
	<b>Pain Management</b>		
	Tue June 17	10:00 – 12:30PM	DIAB
	Wed Aug 6	1:00 – 3:30PM	HOPE
	Tue Aug 19	10:00 – 12:30PM	DIAB
	<b>Nutrition, Supplements &amp; Arthritis</b>		
Tues June 10	10:00 - 12:30PM	DIAB	
Wed July 2	1:00 – 3:30PM	HOPE	
Thurs Aug 14	1:00 – 3:30PM	HOPE	
<p><b>JOINT-SPECIFIC CLASSES</b></p>	<b>Hand Arthritis</b>		
	Tues May 13	10:00 – 12:00PM	DIAB
	Tues July 15	10:00 – 12:00PM	DIAB
	Mon July 21	1:00 - 3:00PM	HOPE
	<b>Foot and Ankle Arthritis</b>		
	Fri May 30	10:00 – 12:00PM	HOPE
	Tues July 22	10:00 – 12:00PM	DIAB
	<b>Osteoarthritis of the Spine</b>		
	Mon June 2	10:30 – 12:30PM	HOPE
	Tues Aug 26	10:00 – 12:00PM	DIAB
	<b>Shoulder Arthritis</b>		
Tues May 20	10:00 – 12:00PM	DIAB	
Mon Aug 18	10:30 – 12:00PM	HOPE	
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<b>ADDITIONAL CLASSES</b>  Taught by a Dietitian or Registered Nurse	<b>Mindful Eating 1 and 2 (Please attend Part 1 before Part 2)</b>		
	Wed July 23 Part 1	1:00 – 3:00PM	SIL
	Wed Aug 6 Part 2	1:00 – 3:00PM	SIL
	<b>Beverages</b>		
	Tues May 27	10:30 – 12:00PM	DIAB
	Thurs July 31	1:00 – 2:30PM	HOPE
	<b>Sleep &amp; Stress</b>		
	Tue April 15	10:00 – 12:00PM	DIAB
<b>PRACTICAL SESSIONS</b>	<b>Introduction to Meditation</b>		
	Wed May 7	10:00 – 11:00AM	SIL
	<b>Pole Walking for Arthritis</b>		
	Wed June 18	10:00 – 11:30AM	GAR
	Wed Aug 20	10:00 – 11:30AM	GAR

<b>HIP AND KNEE REPLACEMENT SURGERY EDUCATION</b> (~2-12 months prior to surgery)	<b>Early Preparation for Joint Replacement Surgery</b>		
	Fri May 9	10:00 – 12:00PM	HOPE
	Mon July 14	10:00 – 12:00PM	HOPE

## REGISTRATION

Please call the appropriate location to register:

<b>DIAB - 604-875-4544</b> West Van. Com. Centre Diabetes Room – 2 <sup>nd</sup> Floor 2121 Marine Drive, West Van.	<b>GAR - 604-875-4544</b> West Van. Com. Centre Garden Room - Main Floor 2121 Marine Drive, West Van.
<b>HOPE - 604-875-4544</b> 2 <sup>nd</sup> floor, Hope Centre 1337 St Andrews Ave, North Van	<b>SIL - 604-980-2474</b> Silver Harbour Centre 144 22 <sup>nd</sup> St E, North Van.