

## Early Preparation for Surgery Webinars and In-person Classes

These classes are for people who are considering or preparing for hip or knee replacement surgery. Learn about ways to prepare for your surgery through exercise, managing your pain effectively and setting up your home.

### Webinar Schedule (www.vch.ca/oasis, Our Classes)

1. Thurs April 25th, 2024 1:00 - 2:30 PM Vancouver  
Please register by clicking [HERE](#)
2. Wed May 8th, 2024 10:00 - 11:30 AM Vancouver  
Please register by clicking [HERE](#)
3. Tues May 21st, 2024 5:00 - 6:30 PM Vancouver  
Please register by clicking [HERE](#)

After registering, you will receive an email containing information about joining your appointment. Please note that you do not need to download Zoom in order to participate – the platform can be accessed through your web browser

### In-Person Schedule

To register (all locations), please call 604-875-4544. Class size is limited.

#### Vancouver – Mary Pack Arthritis Centre, 895 W 10th Ave, Room 3

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|-----------------|-----------------|
| 1. Wed Apr 24   | 10:00 - 12:00PM |
| 2. Thurs May 16 | 10:00 – 12:00PM |
| 3. Tues June 11 | 10:00 – 12:00PM |
| 4. Wed July 31  | 1:00 – 3:00PM   |

#### North Shore – Hope Centre, LGH - 1337 St Andrews Ave, 2<sup>nd</sup> Floor

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| 1. Mon April 15 | 10:00 – 12:00PM |
| 2. Fri May 31   | 10:00 – 12:00PM |
| 3. Mon July 8   | 1:00 – 3:00PM   |
| 4. Mon Sept 9   | 10:00 – 12:00PM |

#### Richmond – Richmond Community Health Access Centre (CHAC) – 7671 Alderbridge Way, Bridgeport Room

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| 1. Thurs Apr 11 | 10:00 – 12:00PM |
| 2. Tues Jun 18  | 10:00 – 12:00PM |
| 3. Mon Aug 26   | 10:00 – 12:00PM |