



Arthritis Education Class Guide

July - December 2024

Registration is open to all, No referral required

Majority of our Mary Pack Arthritis Program classes are available online via Zoom currently. We offer various arthritis topics that are for everyone as well as a few specific to Inflammatory Arthritis (IA) and Osteoarthritis.

There are two types of Zoom formats:

1. Webinar: Audio or video participation not required. Registration confirmation email generated automatically.
2. Meeting: Audio or video participation is encouraged. Due to capacity limits, a registration confirmation email will be sent only if there is space available.

What will I need to participate in a virtual education class?

- Computer/laptop or smartphone/tablet
- Internet connection
- Private space for conversation
- Charged battery (if wireless)

If you live in the Vancouver or Victoria area and do not have access to the internet to attend virtual education classes, please contact your local center to discuss alternative options:

Vancouver 604-875-4111 x 69218

Victoria 250-598-2277

If you are having difficulty with online registration please contact Vancouver (604-875-4021) OR Victoria (250-598-2277 Ext. "0") for assistance. Please note that your call may be re-directed.

Please note: Class may be cancelled due to lack of instructor or attendees. If this occurs, registrants will be notified via email.

Class Name	Description	Dates	
Biologics, Biosimilars, and Jak inhibitors (IA) ZOOM WEBINAR	Learn about the different types of advanced therapeutic medications, risks/benefits, and special considerations. Mondays (10:00-11:00 am) **CLICK HERE to register**	Jul 15 Sep 16 Nov 18	
Community Resources ZOOM MEETING	Learn about disability pensions, subsidized housing and other ways of saving money when you have a disability. Wednesday (10:00-12:00 pm) **CLICK HERE to register**	Oct 9	
Exercise and Arthritis ZOOM MEETING	Learn principles of exercising with arthritis. <i>Note: No specific exercises are taught.</i> Fridays (10:30-12:00 pm) **CLICK HERE to register**	Jul 26 Aug 23 Sep 27	Oct 25 Nov 22
Fatigue Management ZOOM MEETING	Discuss factors that affect fatigue. Examine your daily activities and learn to conserve energy. Thursdays (11:00-12:00 pm) **CLICK HERE to register**	Jul 25 Aug 22 Sep 26	Oct 24 Nov 21
Gardening with Arthritis	Learn tips and tricks to help improve gardening with arthritis. ** Click here for latest dates available for registration from OASIS ** See "Class schedule and registration" section.		
Goals and Action Planning ZOOM MEETING	Learn how to create a successful action plan to manage your arthritis. Fridays (10:30-12:00 pm) **CLICK HERE to register**	Jul 19 Aug 16 Sep 20	Oct 18 Nov 15 Dec 20
Joint Protection of Arms ZOOM MEETING	How to protect the joints in the arms and hands while performing everyday tasks. Tuesdays (10:30-12:00 pm) **CLICK HERE to register**	Jul 9 Aug 13 Sep 10	Oct 8 Nov 5 Dec 10

Joint Protection of Legs <i>ZOOM MEETING</i>	How to protect the joints in the hips and knees while performing everyday tasks. Tuesdays (1:00-2:30 pm) **CLICK HERE to register**	Jul 16 Aug 20 Sept 17	Oct 15 Nov 19 Dec 17
Managing Emotions (2 part class) <i>ZOOM MEETING</i>	Review the types of loss associated with arthritis, common emotional reactions, signs and symptoms of depression and coping strategies. This class consists of small group work in a sharing environment. Consider taking: Strategies for Making Sustainable Change first. Wednesdays (10:00-12:00 pm) ** Click HERE to register (2 Part Class) **	Part 1: Oct 16 Part 2: Oct 23	
<u>Managing Inflammatory Arthritis (2 Part series)</u> Learn how inflammatory arthritis affects the body, how it is diagnosed, what medications are used, how to do a body scan, and how to manage flares. Although attendance at both sessions is encouraged, it is not mandatory. ***Registration is required for each session**			
Part A: Understanding the Disease (IA) <i>Zoom WEBINAR</i>	Learn the basics about the disease process and medications prescribed for Rheumatoid Arthritis (RA), Psoriatic arthritis (PSA) and Ankylosing Spondylitis (AS). Monday (1:00 – 2:30pm) **CLICK HERE to register **	Aug 12 Oct 21 Dec 16	
Part B: Tools for Management (IA) <i>Zoom WEBINAR</i>	Learn the purpose of a body scan and how to perform one, how to manage flares and apply modalities, and understand the role of exercise. Note: This class focuses on RA and PSA. For those with AS, please consider attending the “Managing Spondyloarthritis” class. Thursdays (1:30 – 3:00) **CLICK HERE to register**	Aug 15 Oct 24 Dec 19	

Managing Spondyloarthritis (IA) Zoom WEBINAR	<p>Learn about Ankylosing Spondylitis and other inflammatory arthritis conditions involving the spine. <i>Please note:</i> this class is not for osteoarthritis, disc problems, or other back conditions.</p> <p>Tuesday or Thursday (5:30-7:30 pm) **CLICK HERE to register**</p>	Jul 25 Sep 5 Oct 15 Nov 21	
Navigating the Healthcare System (2 part class) ZOOM MEETING	<p>Learn how to build a health care team that meets your needs, navigation do's and don'ts and about being an effective communicator.</p> <p>Wednesdays (10:00-12:00 pm) ** Click HERE to register (2 Part Class) **</p>	Part 1: Sep 11 Part 2: Sep 18	
Nutrition, Supplements and Arthritis	<p>Learn about the impact of diet on arthritis, nutrients and supplements that can help and strategies for healthy eating.</p> <p>** Click here for latest dates available for registration from OASIS **</p> <p>See "Class schedule and registration" section.</p>	Classes offered every month.	
Osteoarthritis Zoom MEETING	<p>Learn what osteoarthritis is and how it affects the body. Discuss treatment and management.</p> <p>Tuesdays (10:30-12:00 pm) **CLICK HERE to register**</p>	Jul 2 Aug 6 Sep 3	Oct 1 Nov 5 Dec 3
Pain series (2 Part series) Please note: our Pain classes occur as a series. Attendance at all sessions is strongly encouraged, but not required			
Pain A: Understanding Pain Zoom MEETING	<p>Learn how pain travels from its source to the brain. Use this information to explore pain management strategies.</p> <p>Mondays (10:30-12:00 pm) **CLICK HERE to register**</p>	Jul 15 Aug 19 Sep 16	Oct 21 Nov 18
Pain B: Medication and symptom Management Zoom MEETING	<p>Learn about the use of medications (topical, oral, injectable) to manage symptoms of arthritis and improve quality of life.</p> <p>Wednesdays (10:30-12:00 pm) **CLICK HERE to register**</p>	Jul 24 Aug 28 Sep 25	Oct 23 Nov 27

Prevention and Management of Osteoporosis (3 Part series)

Bone Health is very important for people with rheumatic conditions. Learn how to build stronger bones with diet, exercise, lifestyle, and medication.

Although attendance for all 3 sessions is encouraged, it is not mandatory

*****Registration is required for each session****

Part A: Osteoporosis Overview and Treatment Zoom WEBINAR	Learn what is osteoporosis, the risk factors, diet, supplements and medications for it. Mondays (2:00 - 3:00 pm) ** CLICK HERE to register**	Sep 23
Part B: Prevention and Management with Exercise Zoom MEETING	Learn the categories of osteoporosis, safety tips, effects and benefits of variety of different exercises, and the importance of good posture. Demonstration of sample exercises would be included. Wednesdays (9:30-11:00 am) ** CLICK HERE to register**	Sep 25
Part C: Managing Your Everyday Activities Zoom MEETING	Learn about fall prevention, fatigue management and ways to manage everyday activities with greater ease and confidence. Fridays (9:30-11:00 am) ** CLICK HERE to register**	Sep 27
Sleep and Arthritis	Learn about the health benefits of sleep, the relationship between sleep and stress, and strategies for improving your sleep and managing your stress. ** Click here for latest dates available for registration through OASIS ** See "Class schedule and registration" section.	Classes offered every month.

Spine Osteoarthritis	<p>Class focuses on specific strategies for management, including joint protection, exercise and pain management.</p> <p>** Click here for latest dates available for registration through OASIS **</p> <p>See “Class schedule and registration” section.</p>	Classes offered every month.
Strategies for Making Sustainable Change (2 part class) Zoom MEETING	<p>This small group provides guidance and support for putting stress management techniques into practice.</p> <p>Consider taking: Sleep and Stress Management first (offered by OASIS)</p> <p>Wednesdays (10:00-12:00 pm)</p> <p>** Click HERE to register (2 Part Class) **</p>	<p>Part 1: Sep 25</p> <p>Part 2: Oct 2</p>
Walking More Comfortably	<p>Learn about the benefits of walking with poles, specific features of different shoes, and other tips to improve your walking comfort.</p> <p>** Click here for latest dates available for registration through OASIS **</p> <p>See “Class schedule and registration” section.</p>	Classes offered every month.

Additional classes from OASIS Regional

For more classes on Osteoarthritis please see the class list from our colleagues at OASIS.

If you are having difficulty with online registration or have questions please call (604) 875-4544.

**** [Click here for latest dates available for registration](#) ****

See “Class schedule and registration” section.

