

## North Shore In-Person Education Sessions Spring / Summer 2024

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

<b>Managing Hip/Knee Arthritis</b>		
Tues June 18	10:30 - 12:30PM	CAP
Fri July 12	10:00 – 12:00PM	HOPE
Tues Aug 13	10:00 – 12:00PM	DIAB
<b>Exercise &amp; Arthritis</b>		
Thurs July 4	10:00 – 12:00 PM	HOPE
Tues Aug 6	10:00 - 12:00PM	DIAB
<b>Pain Management</b>		
Tues June 18	9:30 – 12:00PM	DIAB
Tues June 18	1:00 – 2:30PM	JOHN
<b>Nutrition, Supplements &amp; Arthritis</b>		
Tues July 30	1:00 – 3:30 PM	HOPE
Tues Aug 13	1:00 – 3:00 PM	JOHN
<b>Mindful Eating Parts 1 &amp; 2</b>		
Returning Fall 2024		
<b>Arthritis and Your Hands</b>		
Tues July 9	10:00 – 12:00PM	DIAB
Fri Aug 16	10:00 - 12:00PM	HOPE
<b>Osteoarthritis of the Spine</b>		
Tues July 2	10:00 – 12:00PM	HOPE
<b>Shoulder Arthritis</b>		
Mon June 24	10:00 – 12:00PM	HOPE
<b>Foot and Ankle Arthritis</b>		
Wed Aug 28	1:30 –3:30PM	HOPE
<b>Beverages</b>		
Tues July 16	10:00 – 11:30 AM	DIAB
Tues Aug 20	1:00 – 3:00 PM	JOHN
<b>Schedule continued below</b>		

<b>Pole Walking for Arthritis</b>		
Wed June 19	10:00 - 11:30AM	GAR
Tues July 16	1:30 – 3:00PM	WVSC

## REGISTRATION

**Please call the appropriate location to register:**

<b>DIAB - 604-875-4544</b> <b>West Van. Com. Centre</b> <b>Diabetes Room – 2<sup>nd</sup> Floor</b> <b>2121 Marine Drive, West Van.</b>	<b>GAR - 604-875-4544</b> <b>West Van. Com. Centre</b> <b>Garden Room - Main Floor</b> <b>2121 Marine Drive, West Van.</b>
<b>HOPE - 604-875-4544</b> <b>2<sup>nd</sup> floor, Hope Centre</b> <b>1337 St Andrews Ave, North Van</b>	<b>JOHN – 604-875-4544</b> <b>John Braithway Community Centre</b> <b>145 West 1<sup>st</sup> Street</b> <b>North Vancouver</b>
<b>SIL - 604-980-2474</b> <b>Silver Harbour Centre</b> <b>144 22<sup>nd</sup> St E, North Van.</b>	<b>CAP – 604-987-4471</b> <b>Capilano Library</b> <b>3045 Highland Blvd., North Van.</b>
<b>WVSC – 604-875-4544</b> <b>West Vancouver Seniors Centre</b> <b>695 21<sup>st</sup> Street, West Van.</b>	

**All classes are FREE!**

For more information, and our **WEBINAR** schedule, go to our website:

[www.vch.ca/oasis](http://www.vch.ca/oasis)

Or email: [oasis@vch.ca](mailto:oasis@vch.ca)

**Class dates and times listed may change.**  
**Please visit [www.vch.ca/oasis](http://www.vch.ca/oasis) for the most current version of this schedule.**