

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)

- 1. Fri Dec 13, 2024 10:00 – 11:30 AM**
Please register by clicking [HERE](#)
- 2. Wed Jan 8, 2025 1:00-2:30PM**
Please register by clicking [HERE](#)
- 3. Mon Jan 27, 2025 10:00 – 11:30 AM**
Please register by clicking [HERE](#)
- 4. Wed Feb 5, 2025 1:00 – 2:30 PM**
Please register by clicking [HERE](#)
- 5. Tues Feb 25, 2025 5:00 – 6:30 PM**
Please register by clicking [HERE](#)
- 6. Tues Mar 5, 2025 4:00 – 5:30 PM**
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

1. Thurs Jan 30 2:00 – 4:00PM
2. Fri Feb 28 10:00 – 12:00PM
3. Mon March 24 11:00 – 1:00PM

North Shore – Hope Centre, LGH - 1337 St Andrews Ave, 2nd Floor

1. Fri Jan 10 10:00 – 12:00PM
2. Mon Mar 10 10:00 – 12:00PM

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

1. Tues Dec 10 10:00 – 12:00PM
2. Thurs Feb 27 1:00 - 3:00PM