

Vancouver In-Person Education Sessions Spring / Summer 2024

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

Managing Hip/Knee Arthritis		
Thurs May 9	1:00 - 3:00PM	MTPLEASANT
Wed May 15	9:30 - 11:30AM	HILLCREST
Thurs June 6	2:00 - 4:00PM	VPL
Fri June 14	10:00 - 12:00PM	MPAC
Mon July 15	10:00 -12:00PM	MPAC
Mon Aug 19	10:00 – 12:00PM	MPAC
Exercise & Arthritis		
Thurs May 2	1:00 - 3:00PM	MTPLEASANT
Tues May 21	10:00 - 12:00PM	MPAC
Mon June 17	10:00 - 12:00PM	MPAC
Fri July 12	10:00 - 12:00PM	MPAC
Wed Aug 7	10:00 - 12:00PM	MPAC
Fri Aug 30	12:30 - 2:30PM	SUNSET
Pain Management		
Thurs May 16	1:00 – 3:30PM	MPAC
Thurs June 13	1:00 – 3:00PM	MPAC
Tues July 2	10:00 – 12:00PM	MPAC
Wed Aug 21	1:00 – 3:00PM	MPAC
Nutrition, Supplements & Arthritis		
Tues May 21	3:30 – 6:00 PM	MPAC
Wed June 12	3:00 – 5:30 PM	MPAC
Thurs July 25	1:00 – 3:30 PM	MPAC
Wed Aug 14	3:00 - 5:30 PM	MPAC
Mindful Eating Parts 1 and 2		
Wed May 8 (Part 1)	9:30 – 11:30 AM	HILL
Wed May 29 (Part 2)	9:30 – 11:30 AM	HILL
Tues June 4 (Part 1)	3:00 – 5:00 PM	MPAC
Tues June 18 (Part 2)	3:00 – 5:00 PM	MPAC
Thurs July 11 (Part 1)	1:00 – 3:00 PM	MPAC
Thurs July 18 (Part 2)	1:00 – 3:00 PM	MPAC
Hand Arthritis		
Fri May 10	2:00 – 4:00PM	VPL
Wed May 22	9:30 – 11:30 AM	HILL
Tues July 16	10:00 – 12:00PM	MPAC
Tues Aug 27	1:00 – 3:00PM	MPAC
Sleep and Stress Management		
Thurs June 27	10:00 – 12:00PM	MPAC

Osteoarthritis of the Spine		
Wed May 1	9:30 – 11:30AM	HILL
Tues June 25	10:00 – 12:00	MPAC
Fri July 12	1:30 – 3:00	SUNSET
Foot and Ankle Arthritis		
Tues June 4	10:00 - 12:00PM	MPAC
Mon Aug 26	10:00 – 12:00PM	MPAC
Shoulder Arthritis		
Tues May 14	10:00 - 12:00PM	MPAC
Wed July 24	9:00 - 11:00AM	MPAC
Introduction to Meditation		
Thurs June 20	2:00 - 3:00PM	MPAC
Tues July 16	10:00 – 11:00AM	RENFREW
Curious About Cannabis		
Fri July 12	10:00 – 11:00AM	RENFREW
Thurs Aug 29	2:00 – 3:00PM	VPL
Beverages		
Thurs May 16	1:00 – 2:30 PM	MTPLEASANT
Thurs July 4	11:00 – 12:30 PM	MPAC
Wed July 31	2:00 – 3:30 PM	VPL
Pole Walking for Arthritis		
Thurs May 23	1:00 – 2:30PM	MTPLEASANT
Tues June 4	10:00 – 11:30AM	CREEK
Tues July 9	10:00 – 11:30AM	CREEK
Basic Hip and Knee Exercises (Practical Session)		
*Must attend “Exercise and Arthritis” as a prerequisite		
Mon May 6	10:00 - 11:30AM	MPAC
Wed May 29	10:00 – 11:30AM	MPAC
Mon June 3	10:00 - 11:30AM	MPAC
Wed June 26	2:00 - 3:30PM	MPAC
Wed July 3	10:00 - 11:30AM	MPAC
Thurs July 18	10:00 – 11:30AM	MPAC
Fri Aug 16	10:00 – 11:30AM	MPAC
Wed Aug 28	10:00 – 11:30AM	MPAC

Registration Required - See next page for details

REGISTRATION

Please call the appropriate location to register:

CREEK - 604-257-3050 Creekside Community Centre 1 Athlete's Way, Vancouver	MPAC - 604-875-4544 OASIS – Mary Pack Arthritis Centre 895 W 10th Ave, Vancouver
MTPLEASANT - 604-257-3080 Mount Pleasant Community Centre 1 Kingsway, Vancouver	SUNSET - 604-718-6505 Sunset Community Centre 6810 Main Street, Vancouver
VPL - 604-331-3603 Central Library, Room 916 350 W Georgia St, Vancouver	Hillcrest - 604- 257-8680 4575 Clancy Loranger Way, Vancouver
RENFREW - 604-257-8388 Renfrew Park Community Centre 2929 E 22nd Avenue, Vancouver	

All classes are FREE!

For more information and our **webinar** schedule, go to our website:
www.vch.ca/oasis
 Or email: oasis@vch.ca

Class dates and times listed may change.
 Please visit www.vch.ca/oasis for the most current version of this schedule.