

Vancouver In-Person Education Sessions

Fall 2024

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

<p>CORE CLASSES</p> <p>Get the most important information for managing arthritis</p>	Managing Hip/Knee Arthritis		
	Mon Oct 21	10:00 - 12:00PM	MPAC
	Fri Nov 15	10:00 - 12:00PM	MPAC
	Mon Dec 9	10:00 - 12:00PM	MPAC
	Exercise & Arthritis		
	Tues Oct 22	10:00 - 12:00PM	MPAC
	Wed Dec 4	10:00 - 12:00PM	MPAC
	Thurs Dec 12	1:00 - 3:00PM	VPL
	Tues Dec 17	10:00 - 12:00PM	SUNSET
	Pain Management		
	Thurs Oct 31	1:00 - 3:30PM	MPAC
	Thurs Nov 21	1:00 - 3:30PM	MPAC
	Tues Dec 17	1:00 - 3:30PM	MPAC
	Nutrition, Supplements & Arthritis		
	Tues Sept 24	10:00 - 12:30PM	SUNSET
Tues Oct 15	2:00 - 4:30 PM	MPAC	
Wed Nov 13	10:00 - 12:00PM	VPL	
Mon Dec 9	6:00 - 8:00 PM	HILL	
<p>JOINT-SPECIFIC CLASSES</p>	Hand Arthritis		
	Tues Oct 22	10:00 - 12:00PM	SUNSET
	Mon Oct 28	10:00 - 12:00PM	MPAC
	Fri Dec 6	10:00 - 12:00PM	MPAC
	Foot and Ankle Arthritis		
	Fri Nov 22	10:00 - 12:00PM	MPAC
	Tues Dec 3	2:00 - 4:00PM	VPL
	Osteoarthritis of the Spine		
	Mon Oct 28	6:00 - 8:00PM	HILL
	Shoulder Arthritis		
Tues Oct 1	10:00 - 12:00PM	MPAC	

ADDITIONAL CLASSES Taught by a Registered Nurse or Dietitian	Sleep and Stress Management		
	Thurs Oct 10	1:00 - 3:00PM	MPAC
	Introduction to Meditation		
	Thurs Nov 7	11:00 - 12:00PM	MPAC
	Tues Dec 3	11:00 - 12:00PM	CREEKSIDE
	Curious About Cannabis		
	Thurs Dec 12	11:00 - 12:00PM	MPAC
	Mindful Eating		
	Tues Nov 19 (Part 1)	2:00 – 4:00 PM	MPAC
	Tues Nov 26 (Part 2)	2:00 – 4:00 PM	MPAC
Beverages			
Wed Oct 30	3:00 - 4:30 PM	MPAC	
PRACTICAL SESSIONS	Pole Walking for Arthritis		
	Tues Oct 8	10:00 - 11:30AM	CREEK
	Tues Oct 15	10:00 - 11:30AM	SUNSET
	Tues Nov 12	10:00 - 11:30AM	CREEK
	Basic Hip and Knee Exercises		
	*Must attend "Exercise and Arthritis" as a prerequisite		
	Tues Oct 8	1:00 - 2:30PM	MPAC
	Wed Oct 23	10:00 - 11:30AM	MPAC
	Fri Nov 8	10:00 - 11:30AM	MPAC
	Wed Nov 27	10:00 - 11:30AM	MPAC
Mon Dec 16	2:00 - 3:30PM	MPAC	

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REGISTRATION

Please call the appropriate location to register:

CREEK – 604-257-3050 Creekside Community Centre 1 Athlete’s Way, Vancouver	VPL – 604-331-3603 Central Library, Room 916 350 W Georgia St, Vancouver
HILL – 604 257 8680 Hillcrest Community Centre 4575 Clancy Loranger Way, Vancouver	MPAC - 604-875-4544 OASIS – Mary Pack Arthritis Centre 895 W 10th Ave, Vancouver
DOUGLAS – 604-257-8130 Douglas Park Community Centre 801 West 22 nd Avenue, Vancouver	RENFREW – 604-257-8388 Renfrew Park Community Centre 2929 East 22 nd Avenue, Vancouver
	SUNSET - 604-718-6505 Sunset Community Centre 6810 Main Street, Vancouver

All classes are FREE!

For more information and our **WEBINAR** schedule, go to our website: oasis.vch.ca
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.