

North Shore In-Person Education Sessions Winter 2025

****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		
	Tues Jan 7	10:00 – 12:00PM	WVCC
	Fri Feb 21	10:00 – 12:00PM	HOPE
	Tues Mar 4	10:00 – 12:00PM	WVCC
	Fri April 11	10:00 – 12:00PM	HOPE
	Exercise & Arthritis		
	Mon Jan 13	10:00 – 12:00PM	HOPE
	Wed Feb 5	10:00 – 11:30AM	SIL
	Tues Feb 11	10:00 – 12:00 PM	WVCC
	Fri March 7	10:00 – 12:00PM	HOPE
	Tues April 29	10:00 – 12:00 PM	WVCC
	Pain Management		
	Thurs Jan 9	10:00 - 12:00 PM	HOPE
	Tues Jan 28	10:00 - 12:30 PM	WVCC
	Wed March 5	10:00 – 12:00PM	SIL
	Tue April 1	10:00 – 12:00PM	WVCC
Thur April 3	1:00 – 3:30PM	HOPE	
Nutrition, Supplements & Arthritis			
Tues Jan 14	10:00 - 12:30PM	WVCC	
Tues Mar 25	1:00 – 3:30PM	HOPE	
<p>JOINT-SPECIFIC CLASSES</p>	Hand Arthritis		
	Mon Jan 20	10:00 -12:00PM	HOPE
	Tues Feb 4	10:00 – 12:00PM	WVCC
	Mon Mar 3	10:00 – 12:00PM	HOPE
	Wed April 2	10:00 – 12:00PM	SIL
	Tues April 8	10:00 – 12:00PM	WVCC
	Foot and Ankle Arthritis		
	Fri Feb 14	10:00 – 12:00PM	HOPE
	Tues April 22	10:00 – 12:00PM	WVCC
	Osteoarthritis of the Spine		
	Mon Feb 10	10:30 – 12:30PM	HOPE
	Mon Apr 14	10:30 – 12:30PM	HOPE

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

Dec 16

	Shoulder Arthritis		
	Fri Mar 21	10:30 – 12:30PM	HOPE
ADDITIONAL CLASSES Taught by a Dietitian or Registered Nurse	Mindful Eating 1 and 2 (Please attend Part 1 before Part 2)		
	Tues Feb 18 Part 1	10:00 – 12:00PM	WVCC
	Tues Feb 25 Part 2	10:00 – 12:00PM	WVCC
	Tues Mar 4 Part 1	1:00 – 3:00PM	HOPE
	Tues Mar 18 Part 2	1:00 – 3:00PM	HOPE
	Beverages		
	Tues Mar 11	10:30 – 12:00PM	WVCC
	Tues Apr 1	2:00 – 3:30PM	HOPE
	Sleep & Stress		
	Tue April 15	10:00 – 12:00PM	WVCC
Introduction to Meditation			
Tue Jan 21	1:30 – 2:30PM	JOHN	
PRACTICAL SESSIONS	Pole Walking for Arthritis		
	Wed Jan 15	10:00 -11:30AM	WVCC
	Wed Feb 19	10:00 – 11:30AM	WVCC
	Wed April 16	10:00 – 11:30AM	WVCC

REGISTRATION

Please call the appropriate location to register:

DIAB - 604-875-4544 West Van. Com. Centre Diabetes Room – 2 nd Floor 2121 Marine Drive, West Van.	CAP – 604-987-4471 Capilano Library 3045 Highland Blvd., North Van.
GAR - 604-875-4544 West Van. Com. Centre Garden Room - Main Floor 2121 Marine Drive, West Van.	HOPE - 604-875-4544 2 nd floor, Hope Centre 1337 St Andrews Ave, North Van
JOHN – 604-875-4544 John Braithway Community Centre 145 West 1 st Street, North Vancouver	SIL - 604-980-2474 Silver Harbour Centre 144 22 nd St E, North Van.
WVLIB – 604-925-7400 West Van. Memorial Library 1950 Marine Drive W, West Van	

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Dec 16