

North Shore In-Person Education Sessions Winter 2025

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

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| <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 |
| | Thurs April 24 | 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.

Jan 21

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| | 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:

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| 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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Jan 21