

OASIS PRIMARY EDUCATION SESSIONS

What is Primary Education?

OASIS offers Primary Education classes to give people the tools they need to self-manage their osteoarthritis at any stage of the disease. These free sessions are offered regularly and are led by health professionals, including physiotherapists, occupational therapists, nurse clinicians, and dietitians. Here is a list of the primary education classes:

- Understanding Osteoarthritis
- Osteoarthritis & Exercise
- Nutrition and Supplements
- Mindful Eating for Weight Control
- Pain Management

Why should I attend these classes?

These classes will give you practical tools and tips to make everyday activities easier. You will also get the chance to talk to other people with osteoarthritis about the challenges of living with the disease. These are interactive sessions so feel free to ask questions and share your ideas with the group.

When should I attend a Primary Education class?

You can attend the classes at any time and in any order. If you are just starting to learn about osteoarthritis, it may help to take the “Understanding Osteoarthritis” class first. Many people choose to attend a different class every month. The sooner you learn how to self-manage your osteoarthritis, the sooner you can get started.

Where are the education classes held?

Education classes are offered in multiple locations on the North Shore, in Richmond and in Vancouver.

How long are the education sessions?

The sessions are usually 2 hours long. You will be given the exact class times when you register. There is a break during the session.

Can I self-register for a Primary Education Session?

Yes. Visit http://oasis.vch.ca/education_primary.htm to register online or call 604-875-4257.

Can I bring someone with me to the education session?

Yes, you can bring one support person or family member with you. They will need to register for the class too. Please do not bring young children.