

Primary Education Sessions

Osteoarthritis Basics & Beyond

Taught by an Occupational Therapist

Date: _____

Time: _____

Location: _____

Osteoarthritis & Exercise

Taught by a Physiotherapist

Date: _____

Time: _____

Location: _____

Nutrition & Supplements

Taught by a Registered Dietitian

Date: _____

Time: _____

Location: _____

Weight Control

Taught by a Registered Dietitian

Date: _____

Time: _____

Location: _____

Pain Management

Taught by a Registered Nurse

Date: _____

Time: _____

Location: _____

How do I register?

Visit www.vch.ca/oasis/education for dates, times and locations. You can register:

- Online
- At your assessment appointment
- By calling 604-875-4257



What do I need to bring?

Arrive 15 minutes early so you have time to fill out forms if needed. Use this checklist to make sure you don't forget anything. Please bring:

- Your **questions** or concerns.
- Wear **comfortable clothing**.
- A **snack** (if you are diabetic).
- Your **glasses** if you use them for reading or watching television.
- Change** for parking.
- Do not bring equipment** that you will not need during the session, such as grabbers or walkers.

You're welcome to bring a family member or friend to the session. They will need to register for the class too. Please do not bring young children.