



This brochure provides information about the VCH OsteoArthritis Service Integration System (OASIS) education sessions. Health care professionals and community agencies may use this brochure to provide their clients/patients with information about education offered by the OASIS program.

To order supplies please contact the OASIS Regional Office at (604) 875-4257 or by e-mail at oasis@vch.ca.

Excerpt from brochure:

Primary education sessions give you the tools and information you need to manage your osteoarthritis and live well at every stage of the disease.

These **free** sessions cover many topics and are offered regularly. They are taught by a physiotherapist, occupational therapist, dietitian, or nurse clinician.

All sessions are between 1 and 1 ½ hours long. Topics include:

1. Osteoarthritis Basics & Beyond
2. Osteoarthritis & Exercise
3. Nutrition & Supplements
4. Weight Control
5. Pain Management

Talk to your family doctor and/or contact us to learn more about how OASIS can help you:

OASIS Regional Office
(604) 875-4257
e-mail: oasis@vch.ca
www.vch.ca/oasis

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