

North Shore In-Person Education Sessions 2023

Managing Hip/Knee Osteoarthritis	
Wed Jan 25	10:00 to 12:00PM GAR
Mon Feb 6	10:00 to 12:00PM HOP
Wed March 1	10:00 to 12:00PM GAR
Wed April 26	10:00 to 12:00PM GAR
Exercise & Arthritis	
Thurs Jan 12	10:00 to 12:00PM HOPE
Wed Feb 8	10:00 to 12:00PM GAR
Fri Mar 10	10:00 to 12:00PM HOPE
Wed Apr 12	10:00 to 12:00PM GAR
Pain Management	
Wed Jan 11	10:00 to 1230PM GAR
Thur Feb 9	10:00 to 1230PM HOPE
Wed Mar 8	10:00 to 1230PM GAR
Thur April 6	10:00 to 1230PM HOPE
Tue April 26	1:00 to 3:30PM SIL
Nutrition, Supplements & Arthritis	
Wed Feb 1	1:00 to 3:30 PM GAR
Tues Feb 28	1:00 to 3:30 PM HOP
Mindful Eating Parts 1 & 2	
Thurs Mar 9 and Mar 23	1:00 to 3:00 PM FOR
Beverages, What to Know	
Wed Mar 29	1:00 to 2:00 PM SIL
Tues Feb 28	1:00 to 3:30 PM HOP
Arthritis and Your Hands	
Fri Jan 27	10:00 to 12:00PM GAR
Wed Feb 22	1:00 to 3:00PM SIL
Fri March 3	10:00 to 12:00PM GAR
Foot and Ankle Arthritis	
Wed Jan 25	1:00 to 3:00PM SIL
Pole Walking for Arthritis	
Wed Jan 18	10:00 to 11:30 AM GAR
Wed Feb 22	10:00 to 11:30 AM GAR
Wed Mar 29	10:00 to 11:30 AM GAR
Wed Apr 19	10:00 to 11:30 AM GAR

Registration Required:

FOR - 604-875-4544

**West Van. Com. Centre
Forest Room – 3rd Floor
2121 Marine Drive, West Van.**

GAR - 604-875-4544

**West Van. Com. Centre
Garden Room - Main Floor
2121 Marine Drive, West Van.**

SIL - 604-980-2474

**Silver Harbour Centre
144 22nd St E, North Van.**

HOP - 604-875-4544

**2nd floor, Hope Centre
1337 St Andrews Ave, North Van**

It's Free! For more information, go to our website: oasis.vch.ca