

## Vancouver In-Person Education Sessions 2023

<b>Managing Hip/Knee Osteoarthritis</b>		
Mon Jan 16	10:00 to 12:00PM	VAN
Thurs Jan 19	10:00 to 12:00PM	HCC
Tues Feb 21	10:00 to 12:00PM	KERR
Mon Feb 27	10:00 to 12:00PM	VAN
Tues March 28	10:00 to 12:00PM	VAN
Mon April 17	10:00 to 12:00PM	VAN
<b>Exercise &amp; Arthritis</b>		
Tues Jan 17	10:00 to 12:00PM	VAN
Fri Feb 10	12:15 to 2:15PM	TLCC
Wed Feb 15	10:00 to 12:00PM	VAN
Fri March 17	10:00 to 12:00PM	VAN
Tues Apr 18	10:00 to 12:00PM	VAN
<b>Pain Management</b>		
Thu Jan 19	1:00 to 3:30PM	VAN
Thur Feb 2	10:00 to 12:30PM	HCC
Thur Feb 16	10:00 to 12:30PM	VAN
Thur Mar 16	1:00 to 3:30PM	VAN
Wed April 12	10:00 to 12:30PM	VAN
<b>Nutrition, Supplements &amp; Arthritis</b>		
Thurs Jan 12	3:30 to 6:00PM	VAN
Thurs Feb 16	10:00-12:30PM	HCC
Thurs Apr 27	4:00-6:30PM	VAN
<b>Mindful Eating (Parts 1&amp;2)</b>		
Thurs Jan 19 and Jan 26	2:00 to 4:00PM	KERR
Fri Mar 3 and 10	12:15 to 2:15PM	TLCC
<b>Hand Arthritis</b>		
Mon Jan 23	10:00 to 12:00PM	VAN
Fri Feb 3	12:15 to 2:15PM	TLCC
Thurs Mar 2	10:00 to 12:00PM	HCC
Wed Apr 26	10:00 to 12:00PM	VAN
<b>Foot Arthritis</b>		
Tues Jan 31	1:30 to 3:30PM	VAN
<b>Ask Anything about Arthritis- Social</b>		
Tues Feb 7	10:00 to 11:30AM	VAN
Tues March 7	10:00 to 11:30AM	VAN
Tues April 4	10:00 to 11:30AM	VAN
<b>Schedule continued....</b>		

<b>Pole Walking for Arthritis</b>		
Tues Jan 24	10:00 to 11:30AM	SCC
Tues Feb 14	10:00 to 11:30AM	CCC
Tues Feb 28	10:00 to 11:30AM	SCC
Tues Mar 7	10:00 to 11:30AM	CCC
Tues Mar 28	10:00 to 11:30AM	SCC
Tues Apr 11	10:00 to 11:30AM	CCC
Tues Apr 25	10:00 to 11:30AM	SCC
<b>Basic Hip and Knee Exercises (Practical Session)</b> *Must attend "Exercise and Arthritis" as a prerequisite		
Thurs Feb 23	10:00 to 11:30AM	VAN
Thurs Mar 30	10:00 to 11:30AM	VAN

<b>Registration Required:</b> <b>VAN - 604-875-4544</b> <b>OASIS – Mary Pack Arthritis Centre</b> <b>895 W 10th Ave, Vancouver</b>	<b>SCC - 604-718-6505</b> <b>Sunset Community Centre</b> <b>6810 Main Street, Vancouver</b>
<b>TLCC - 604-257-6955</b> <b>Trout Lake Community Centre</b> <b>3360 Victoria Drive, Vancouver</b>	<b>HCC - 604-257-8680</b> <b>Hillcrest Community Centre</b> <b>4575 Clancy Loranger Way, Vancouver</b>
<b>KERR – 604-257-8100</b> <b>Kerrisdale Community Centre</b> <b>5851 West Boulevard, Vancouver</b>	<b>CCC – 604-257-3050</b> <b>Creekside Community Centre</b> <b>1 Athlete’s Way, Vancouver</b>

**It's Free!**  
**For more information, go to our website:**  
**[oasis.vch.ca](http://oasis.vch.ca)**