

OASIS Education Classes
In-person - Mary Pack Arthritis Centre
3rd floor, 895 W 10th Ave, Vancouver

1. Managing Hip/Knee Osteoarthritis

Mon Nov 8, 10:00am – 12:00pm

2. Exercise & Arthritis

Tues Nov 16, 10:00am – 12:00pm

Fri Dec 10, 10:00am – 12:00pm

3. Pain Management

Thursday Nov 18, 1:00pm – 3:00pm

4. Nutrition, Supplements & Arthritis

Thursday Nov 25, 4:00pm – 6:00pm

5. Mindful Eating Part 1

Thursday Dec 2, 4:00pm – 6:00pm

6. Mindful Eating Part 2

Thursday Dec 9, 4:00pm – 6:00pm

To register, email oasis@vch.ca or call 604-875-4544

Class size is limited.

Pole Walking Education Sessions – In-person

Day	Date	Time	Place
Wed	Oct 27, 2021	10:00 to 11:30AM	SCC
Tue	Nov 9, 2021	10:00 to 11:30AM	CCC
Mon	Nov 22, 2021	10:00 to 11:30AM	SCC

Registration required by phone:

CCC - 604-257-3050

**Creekside Community Centre
1 Athletes Way, Vancouver**

SCC -604-718-6505

**Sunset Community Centre
6810 Main Street, Vancouver**

It's Free!

For more information, go to our website:

oasis.vch.ca

As of: 20 Oct 2021