

## North Shore Education Sessions

| <b>Understanding Osteoarthritis</b>                           |                       |
|---------------------------------------------------------------|-----------------------|
| Fri Feb 23, 2018                                              | 09:30 to 11:30AM GAR  |
| Tue Apr 3, 2018                                               | 09:30 to 11:30AM GAR  |
| <b>Exercise &amp; Arthritis</b>                               |                       |
| Tue Mar 6, 2018                                               | 10:00 to 12:00PM GAR  |
| Thu Apr 5, 2018                                               | 09:30 to 11:30AM HOP  |
| <b>Pain Management</b>                                        |                       |
| Wed Feb 7, 2018                                               | 09:30 to 12:00PM HOP  |
| Tue Mar 13, 2018                                              | 09:30 to 12:00PM GAR  |
| Thu Apr 12, 2018                                              | 09:30 to 12:00PM HOP  |
| <b>Nutrition &amp; Supplements/Weight Control</b>             |                       |
| Wed Feb 28, 2018                                              | 01:30 to 04:00PM HOP  |
| Tue Apr 10, 2018                                              | 10:00 to 12:30PM GAR  |
| <b>Mindful Eating for Weight Control Part 1</b>               |                       |
| Mon Mar 19, 2018                                              | 01:30 to 03:30PM HOP  |
| Tue Apr 17, 2018                                              | 10:00 to 12:00PM GAR  |
| <b>Mindful Eating for Weight Control Part 2 (Part 1 Req.)</b> |                       |
| Wed Mar 21, 2018                                              | 01:30 to 03:30PM HOP* |
| Tue May 1, 2018                                               | 10:00 to 12:00PM GAR  |
| <b>Hand Osteoarthritis</b>                                    |                       |
| Fri Feb 16, 2018                                              | 09:30 to 11:30AM HOP  |
| Fri Mar 16, 2018                                              | 09:30 to 11:30AM HOP  |
| Fri Apr 27, 2018                                              | 09:30 to 11:30AM GAR  |
| <b>Foot/Ankle Osteoarthritis</b>                              |                       |
| Fri Feb 9, 2018                                               | 09:30 to 11:30AM HOP  |
| Wed Feb 28, 2018                                              | 01:00 to 03:00PM SIL  |
| Fri Mar 9, 2018                                               | 09:30 to 11:30AM HOP  |
| Fri Apr 13, 2018                                              | 09:30 to 11:30AM HOP  |
| <b>Sleep &amp; Stress Management</b>                          |                       |
| Tue Feb 13, 2018                                              | 09:30 to 11:30AM GAR  |
| Wed Mar 7, 2018                                               | 09:30 to 11:30AM HOP  |
| Tue Apr 24, 2018                                              | 09:30 to 11:30AM GAR  |

Registration Required: 604-904-6177

GAR - West Van. Community Centre  
Garden Room  
2121 Marine Drive, West Van.

HOP - Hope Centre - Rm 2112 (\*Tolfer Rm)  
1337 St. Andrews Ave, North Van.

SIL - Silver Harbour Centre  
144 22<sup>nd</sup> St E, North Van.

## Pole Walking Education Sessions

| Day | Date         | Time             | Place |
|-----|--------------|------------------|-------|
| Thu | Jan 18, 2018 | 09:30 to 11:00AM | GWC   |
| Thu | Feb 15, 2018 | 09:30 to 11:00AM | GWC   |
| Mon | Feb 19, 2018 | 09:30 to 11:00AM | WVC   |
| Wed | Feb 21, 2018 | 09:30 to 11:00AM | WPG   |
| Tue | Feb 27, 2018 | 09:30 to 11:00AM | OAK   |
| Mon | Mar 5, 2018  | 07:00 to 08:30PM | HIL   |
| Wed | Mar 7, 2018  | 09:30 to 11:00AM | SCC   |
| Thu | Mar 15, 2018 | 10:00 to 11:30AM | RLIB  |
| Mon | Apr 9, 2018  | 09:30 to 11:00AM | WVC   |
| Wed | Apr 18, 2018 | 09:30 to 11:00AM | GWC   |
| Wed | Apr 25, 2018 | 09:30 to 11:00AM | CCC   |
| Thu | May 17, 2018 | 09:30 to 11:00AM | GWC   |

### Registration Required:

CCC - 604-257-3050

Creekside Community Centre  
1 Athletes Way, Vancouver

GWC - 604-244-5377

Garrett Wellness Centre  
7504 Chelsea Place, Richmond

HIL - 604- 257-8680

Hillcrest Community Centre  
4575 Clancy Loranger Way, Vancouver

OAK - 604-257-8180

Oakridge Marpole Community Centre  
990 W 59th Ave, Vancouver

RLIB - 604-231-6413

Richmond Library  
7700 Minoru Gate, Richmond

SCC - 604-718-6505

Sunset Community Centre  
6810 Main Street, Vancouver

WPG - 604-257-8140

West Point Grey Community Centre  
4397 West 2<sup>nd</sup> Ave, Vancouver, BC

WVC - 604-904-6177

West Van. Community Centre  
Garden Room  
2121 Marine Drive, West Van.

It's Free!

For more information, go to our website:

[oasis.vch.ca](http://oasis.vch.ca)