

North Shore Education Sessions

Understanding Osteoarthritis	
Fri Jan 26, 2018	09:30 to 11:30AM GAR
Fri Feb 2, 2018	09:30 to 11:30AM HOP
Tue Apr 3, 2018	09:30 to 11:30AM GAR
Exercise & Arthritis	
Wed Jan 31, 2018	09:30 to 11:30AM HOP
Tue Mar 6, 2018	10:00 to 12:00PM GAR
Thu Apr 5, 2018	09:30 to 11:30AM HOP
Pain Management	
Thu Jan 4, 2018	09:30 to 12:00PM HOP
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
Nutrition & Supplements/Weight Control	
Tue Jan 16, 2018	10:00 to 12:30PM GAR
Wed Feb 28, 2018	01:30 to 04:00PM HOP
Tue Apr 10, 2018	10:00 to 12:30PM GAR
Mindful Eating for Weight Control Part 1	
Tue Jan 23, 2018	10:00 to 12:00PM GAR
Mon Mar 19, 2018	01:30 to 03:30PM HOP
Tue Apr 17, 2018	10:00 to 12:00PM GAR
Mindful Eating for Weight Control Part 2 (Part 1 Req.)	
Tue Jan 30, 2018	10:00 to 12:00PM GAR
Thu Mar 22, 2018	01:30 to 03:30PM HOP
Tue May 1, 2018	10:00 to 12:00PM GAR
Hand Osteoarthritis	
Fri Jan 19, 2018	09:30 to 11:30AM HOP
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
Foot/Ankle Osteoarthritis	
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
Sleep & Stress Management	
Wed Jan 10, 2018	01:00 to 03:00PM HOP
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 HOP

Registration Required: 604-904-6177

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

HOP - Hope Centre - **Rm 2112**

1337 St Andrews Ave, North Van.

SIL - Silver Harbour Centre

144 22nd 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 2nd 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