

## North Shore Education Sessions

<b>Managing Hip/Knee Osteoarthritis</b>	
Fri Jan 18, 2019	09:30 to 11:30AM HOP
Tue Feb 26, 2019	09:30 to 11:30AM GAR
Wed Apr 24, 2019	01:00 to 03:00PM SIL
<b>Exercise &amp; Arthritis</b>	
Thu Jan 24, 2019	10:00 to 12:00PM HOP
Tue Feb 19, 2019	10:00 to 12:00PM GAR
Thu Apr 4, 2019	10:00 to 12:00PM HOP
<b>Pain Management</b>	
Thu Jan 31, 2019	10:00 to 12:30PM HOP
Tue Feb 12, 2019	10:00 to 12:30PM GAR
Thu Mar 7, 2019	10:00 to 12:30PM HOP
Thu Apr 18, 2019	10:00 to 12:30PM HOP
<b>Nutrition &amp; Supplements/Weight Control</b>	
Tue Jan 15, 2019	10:00 to 12:30PM GAR
Tue Feb 5, 2019	10:00 to 12:30PM HOP
Wed Feb 27, 2019	01:00 to 03:30PM SIL
<b>Mindful Eating for Weight Control Part 1</b>	
Tue Jan 22, 2019	10:00 to 12:00PM GAR
Tue Feb 26, 2019	10:00 to 12:00PM HOP
<b>Mindful Eating for Weight Control Part 2 (Part 1 Req.)</b>	
Tue Jan 29, 2019	10:00 to 12:00PM GAR
Tue Mar 5, 2019	10:00 to 12:00PM HOP
Tue Apr 2, 2019	10:00 to 12:00PM HOP
<b>Managing Hand Osteoarthritis</b>	
Wed Jan 30, 2019	01:00 to 03:00PM SIL
Tue Mar 26, 2019	09:30 to 11:30AM GAR
Fri Apr 26, 2019	09:30 to 11:30AM HOP
<b>Managing Foot/Ankle Osteoarthritis</b>	
Mon Feb 4, 2019	09:30 to 11:30AM HOP
Tue Apr 30, 2019	09:30 to 11:30AM GAR
<b>Sleep &amp; Stress Management</b>	
Tue Feb 5, 2019	10:00 to 12:30PM GAR
Wed Mar 27, 2019	01:00 to 03:00PM SIL

Registration Required: 604-904-6177  
GAR - West Van. Com. Centre (Garden Room)  
2121 Marine Drive, West Van.

HOP - Hope Centre  
1337 St Andrews Ave, North Van.  
SIL - Silver Harbour Centre  
144 22<sup>nd</sup> St E, North Van.

It's Free!

For more information, go to our website:

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

## Pole Walking Education Sessions

Day	Date	Time	Place
Wed	Jan 16, 2019	09:30 to 11:00AM	GWC
Wed	Jan 23, 2019	09:30 to 11:00AM	CCC
Wed	Jan 30, 2019	09:30 to 11:00AM	WVCC
Tue	Feb 12, 2019	12:00 to 01:30PM	FAL
Thu	Feb 21, 2019	09:30 to 11:00AM	GWC
Wed	Feb 27, 2019	09:30 to 11:00AM	CCC
Fri	Mar 1, 2019	10:00 to 11:30AM	REN
Wed	Mar 20, 2019	09:30 to 11:00AM	GWC
Tue	Apr 16, 2019	09:30 to 11:00AM	WVCC
Wed	Apr 17, 2019	09:30 to 11:00AM	CCC
Thu	Apr 18, 2019	09:30 to 11:00AM	GWC

### Registration Required:

CCC - 604-257-3050  
Creekside Community Centre  
1 Athletes Way, Vancouver

FAL - 604-257-8195  
False Creek Community Centre  
1318 Cartwright St, Vancouver

GWC - 604-244-5377  
Garrett Wellness Centre  
7504 Chelsea Place, Richmond

REN - (604) 257-8388  
Renfrew Park Community Centre  
2929 East 22nd Ave, Vancouver  
WVCC - 604-904-6177  
West Van. Com. Centre (Garden Room)  
2121 Marine Drive, West Van.

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