

North Shore Education Sessions

Understanding Osteoarthritis	
Fri May 12, 2017	09:30 to 11:30AM HOP
Wed Jun 28, 2017	09:30 to 11:30AM GAR
Tue Aug 15, 2017	09:30 to 11:30AM HOP
Osteoarthritis & Exercise	
Tue May 30, 2017	09:30 to 11:30AM HOP
Thu Jul 6, 2017	09:30 to 11:30AM HOP
Tue Aug 29, 2017	10:00 to 12:00PM GAR
Pain Management	
Thu May 11, 2017	09:30 to 12:00PM HOP
Wed May 31, 2017	01:00 to 03:00PM SIL
Tue Jun 20, 2017	10:00 to 12:30PM GAR
Thu Aug 10, 2017	09:30 to 12:00PM HOP
Nutrition & Supplements/Weight Control	
Thu Jun 29, 2017	10:00 to 12:30PM HOP
Mindful Eating for Weight Control Part 1	
Tue May 9, 2017	01:30 to 03:30PM HOP
Wed Jul 26, 2017	10:00 to 12:00PM HOP
Mindful Eating for Weight Control Part 2 (Must attend Part 1 first.)	
Tue May 16, 2017	01:30 to 03:30PM HOP
Thu Aug 3, 2017	10:00 to 12:00PM HOP
Hand Osteoarthritis	
Fri May 5, 2017	09:30 to 11:30AM HOP
Fri Jun 16, 2017	09:30 to 11:30AM HOP
Tue Jul 11, 2017	09:30 to 11:30AM GAR
Foot/Ankle Osteoarthritis	
Tue Jun 13, 2017	09:30 to 11:30AM GAR
Fri Aug 11, 2017	09:30 to 11:30AM HOP
Sleep, Stress & Osteoarthritis	
Tue May 23, 2017	10:00 to 12:30PM GAR
Tue Jul 4, 2017	09:30 to 12:00PM HOP

To register: 604-904-6177

HOP - Hope Centre
1337 St Andrews Ave, North Van.

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

SIL - Silver Harbour Centre
144 22nd St E, North Van.

It's Free!

For more information, go to our website:

oasis.vch.ca

Pole Walking Education Sessions

Day	Date	Time	Place
Wed	May 17, 2017	01:00 to 02:30PM	RLIB
Wed	May 24, 2017	09:30 to 11:00AM	CCC
Wed	May 31, 2017	09:30 to 11:00AM	SCC
Wed	Jun 7, 2017	01:30 to 03:00PM	TEM
Thu	Jun 15, 2017	01:00 to 02:30PM	RLIB
Tue	Jun 27, 2017	09:30 to 11:00AM	WVCC
Wed	Jun 28, 2017	09:30 to 11:00AM	CCC
Wed	Aug 2, 2017	01:00 to 02:30PM	RLIB
Wed	Aug 16, 2017	09:30 to 11:00AM	CCC
Thu	Aug 17, 2017	01:00 to 02:30PM	RLIB
Tue	Aug 22, 2017	09:30 to 11:00AM	WVCC

To register:

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

RLIB - 604-231-6413
 Richmond Library
 7700 Minoru Gate, Richmond

SCC - 604-718-6505
 Sunset Community Centre
 6810 Main Street, Vancouver

TEM - 604-718-6252
 Templeton Park Pool
 700 Templeton Drive, Vancouver

WVCC - 604-904-6177
 West Van. Community Centre (Garden Room)
 2121 Marine Drive, West Van.

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