

North Shore Education Sessions

Understanding Osteoarthritis	
Fri May 25, 2018	09:30 to 11:30AM GAR
Fri Jun 29, 2018	09:30 to 11:30AM HOP
Fri Aug 10, 2018	09:30 to 11:30AM GAR
Exercise & Arthritis	
Wed May 23, 2018	01:30 to 03:30PM HOP
Tue Jul 10, 2018	10:00 to 12:00PM GAR
Pain Management	
Wed May 2, 2018	10:00 to 12:30PM HOP
Wed Jun 6, 2018	10:00 to 12:30PM HOP
Tue Jul 3, 2018	10:00 to 12:30PM GAR
Nutrition & Supplements/Weight Control	
Wed May 30, 2018	01:00 to 03:30PM SIL
Thu Jun 14, 2018	01:00 to 03:30PM FOR
Mindful Eating for Weight Control Part 1	
Tue Apr 17, 2018	10:00 to 12:00PM GAR
Tue Jun 5, 2018	10:00 to 12:30PM HOP
Thu Jun 28, 2018	01:00 to 03:00PM FOR
Mindful Eating for Weight Control Part 2 (Part 1 Req.)	
Tue May 1, 2018	10:00 to 12:00PM GAR
Tue Jun 26, 2018	10:00 to 12:00PM HOP
Thu Jul 12, 2018	01:00 to 03:00PM FOR
Hand Osteoarthritis	
Fri May 4, 2018	09:30 to 11:30AM HOP
Fri Jun 15, 2018	09:30 to 11:30AM GAR
Fri Jul 27, 2018	09:30 to 11:30AM GAR
Wed Aug 22, 2018	09:30 to 11:30AM GAR
Foot/Ankle Osteoarthritis	
Fri Jun 8, 2018	09:30 to 11:30AM HOP
Mon Jul 30, 2018	09:30 to 11:30AM GAR
Fri Aug 24, 2018	09:30 to 11:30AM GAR
Sleep & Stress Management	
Tue May 22, 2018	10:30 to 01:00PM HOP
Wed Jun 20, 2018	10:00 to 12:30PM HOP
Tue Jul 17, 2018	10:00 to 12:30PM GAR

Registration Required: 604-904-6177

FOR - West Van. Community Centre
(Forest Room)

2121 Marine Drive, West Van.

GAR - West Van. Community Centre
(Garden Room)

2121 Marine Drive, West Van.

HOP - Hope Centre

1337 St Andrews Ave, North 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
Thu	May 17, 2018	09:30 to 11:00AM	GWC
Wed	May 30, 2018	09:30 to 11:00AM	SCC
Thu	Jun 7, 2018	09:30 to 11:00AM	OAK
Wed	Jun 13, 2018	2:00 to 3:30PM	WPG
Wed	Jun 20, 2018	09:30 to 11:00AM	GWC
Tue	Jun 26, 2018	09:30 to 11:00AM	WVC
Tue	Jul 3, 2018	09:30 to 11:00AM	CCC
Thu	Jul 19, 2018	09:30 to 11:00AM	GWC
Wed	Aug 22, 2018	09:30 to 11:00AM	GWC
Mon	Aug 27, 2018	09:30 to 11:00AM	WVC
Wed	Aug 29, 2018	09:30 to 11:00AM	WPG

Registration Required:

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

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

OAK - 604-257-8180
Oakridge Marpole Community Centre
990 W 59th Ave, Vancouver

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!

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