

North Shore Education Sessions

| Understanding Osteoarthritis | |
|---|----------------------|
| Fri Oct 6, 2017 | 09:30 to 11:30AM HOP |
| Wed Oct 25, 2017 | 01:00 to 03:00PM SIL |
| Fri Nov 10, 2017 | 09:30 to 11:30AM GAR |
| Fri Dec 8, 2017 | 09:30 to 11:30AM HOP |
| Osteoarthritis & Exercise | |
| Thu Oct 5, 2017 | 09:30 to 11:30AM HOP |
| Fri Nov 17, 2017 | 10:00 to 12:00PM GAR |
| Wed Dec 6, 2017 | 09:30 to 11:30AM HOP |
| Pain Management | |
| Thu Sep 7, 2017 | 09:30 to 12:00PM HOP |
| Tue Sep 26, 2017 | 10:00 to 12:30PM GAR |
| Tue Oct 10, 2017 | 09:30 to 12:00PM HOP |
| Thu Nov 2, 2017 | 09:30 to 12:00PM HOP |
| Tue Dec 5, 2017 | 10:00 to 12:30PM GAR |
| Nutrition & Supplements/Weight Control | |
| Tue Oct 3, 2017 | 10:00 to 12:30PM GAR |
| Tue Nov 14, 2017 | 10:00 to 12:30PM GAR |
| Mindful Eating for Weight Control Part 1 | |
| Tue Oct 17, 2017 | 10:00 to 12:00PM GAR |
| Tue Nov 21, 2017 | 10:00 to 12:00PM GAR |
| Mindful Eating for Weight Control Part 2 (Must attend Part 1 first.) | |
| Tue Oct 31, 2017 | 10:00 to 12:00PM GAR |
| Tue Nov 28, 2017 | 10:00 to 12:00PM GAR |
| Hand Osteoarthritis | |
| Fri Sep 15, 2017 | 09:30 to 11:30AM HOP |
| Fri Oct 13, 2017 | 09:30 to 11:30AM HOP |
| Fri Dec 1, 2017 | 09:30 to 11:30AM HOP |
| Foot/Ankle Osteoarthritis | |
| Mon Sep 25, 2017 | 09:30 to 11:30AM HOP |
| Fri Nov 3, 2017 | 09:30 to 11:30AM HOP |
| Mon Dec 4, 2017 | 09:30 to 11:30AM HOP |
| Sleep, Stress & Osteoarthritis | |
| Thu Sep 14, 2017 | 01:00 to 03:30PM HOP |
| Tue Oct 24, 2017 | 10:00 to 12:30PM GAR |
| Tue Nov 7, 2017 | 09:30 to 12:00PM HOP |
| Wed Nov 29, 2017 | 01:00 to 03:00PM SIL |

Registration Required: 604-904-6177
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 |
|-----|--------------|------------------|-------|
| Tue | Sep 12, 2017 | 09:30 to 11:00AM | WVCC |
| Tue | Sep 19, 2017 | 09:30 to 11:00AM | SCC |
| Wed | Sep 20, 2017 | 09:30 to 11:00AM | GWC |
| Tue | Sep 26, 2017 | 09:30 to 11:00AM | CCC |
| Wed | Oct 4, 2017 | 09:30 to 11:00AM | WPG |
| Mon | Oct 16, 2017 | 10:00 to 11:30AM | WVCC |
| Tue | Oct 17, 2017 | 09:30 to 11:00AM | OAK |
| Thu | Oct 19, 2017 | 09:30 to 11:00AM | GWC |
| Tue | Nov 7, 2017 | 09:30 to 11:00AM | CCC |
| Wed | Nov 15, 2017 | 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

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

WVCC - 604-904-6177

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

It's Free!

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As of: 14 Jul 2017