

North Shore Education Sessions

Understanding Osteoarthritis	
Fri Sep 14, 2018	09:30 to 11:30AM HOP
Wed Sep 26, 2018	01:00 to 03:00PM SIL
Fri Oct 12, 2018	09:30 to 11:30AM HOP
Fri Nov 23, 2018	09:30 to 11:30AM HOP
Exercise & Arthritis	
Fri Sep 7, 2018	10:00 to 12:00PM HOP
Tue Oct 16, 2018	10:00 to 12:00PM GAR
Fri Nov 2, 2018	10:00 to 12:00PM HOP
Wed Nov 28, 2018	01:00 to 03:00PM SIL
Pain Management	
Wed Sep 5, 2018	10:00 to 12:30PM HOP
Wed Oct 31, 2018	01:00 to 03:00PM SIL
Thu Nov 15, 2018	10:00 to 12:30PM HOP
Thu Dec 20, 2018	10:00 to 12:30PM HOP
Nutrition & Supplements/Weight Control	
Tue Sep 18, 2018	10:00 to 12:30PM HOP
Tue Oct 9, 2018	10:00 to 12:30PM GAR
Tue Dec 4, 2018	10:00 to 12:30PM GAR
Mindful Eating for Weight Control Part 1	
Tue Oct 16, 2018	10:00 to 12:00PM HOP
Tue Oct 30, 2018	10:00 to 12:00PM GAR
Tue Dec 11, 2018	10:00 to 12:00PM GAR
Mindful Eating for Weight Control Part 2 (Part 1 Req.)	
Tue Oct 23, 2018	10:00 to 12:00PM HOP
Tue Nov 6, 2018	10:00 to 12:00PM GAR
Tue Dec 18, 2018	10:00 to 12:00PM GAR
Hand Osteoarthritis	
Fri Sep 21, 2018	09:30 to 11:30AM HOP
Fri Oct 19, 2018	09:30 to 11:30AM HOP
Fri Nov 16, 2018	09:30 to 11:30AM HOP
Fri Dec 14, 2018	09:30 to 11:30AM HOP
Foot/Ankle Osteoarthritis	
Fri Oct 5, 2018	09:30 to 11:30AM HOP
Fri Nov 9, 2018	09:30 to 11:30AM HOP
Fri Dec 7, 2018	09:30 to 11:30AM HOP
Sleep & Stress Management	
Tue Sep 11, 2018	10:00 to 12:30PM HOP
Tue Oct 9, 2018	10:00 to 12:30PM HOP
Tue Nov 6, 2018	10:00 to 12:30PM HOP

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 11, 2018	09:30 to 11:00AM	CCC
Thu	Sep 20, 2018	09:30 to 11:00AM	GWC
Mon	Oct 1, 2018	09:30 to 11:00AM	WVCC
Wed	Oct 3, 2018	09:30 to 11:00AM	OAK
Wed	Oct 17, 2018	09:30 to 11:00AM	GWC
Wed	Oct 24, 2018	09:30 to 11:00AM	CCC
Fri	Oct 26, 2018	10:00 to 11:30AM	REN
Wed	Oct 31, 2018	09:30 to 11:00AM	WPG
Mon	Nov 5, 2018	09:30 to 11:00AM	WVCC
Thu	Nov 15, 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

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

REN - (604) 257-8388
Renfrew Park Community Centre
2929 East 22nd Ave, 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: 7 Aug 2018