

## North Shore In-Person Education Sessions Summer 2023

<b>Managing Hip/Knee Arthritis</b>		
Tues Jun 13	10:00 - 12:00PM	GAR
Fri July 7	10:00 - 12:00PM	HOPE
Tues Aug 22	10:00 - 12:00PM	GAR
<b>Exercise &amp; Arthritis</b>		
Tues June 20	10:00 - 12:00PM	GAR
Mon July 10	10:00 - 12:00PM	HOPE
Tues Aug 15	10:00 - 12:00PM	GAR
<b>Pain Management</b>		
Wed June 14	10:00 - 12:30PM	HOPE
Tue July 4	10:00 - 12:30PM	GAR
<b>Nutrition, Supplements &amp; Arthritis</b>		
Tues June 6	10:00 - 12:30 PM	GAR
Thurs July 6	10:00 - 12:30 PM	HOPE
Tues Aug 1	10:00 - 12:30 PM	GAR
<b>Mindful Eating Parts 1 &amp; 2</b>		
Thurs June 8 and June 22	10:30 - 12:30 PM	PARK
<b>Arthritis and Your Hands</b>		
Tues June 20	10:00 - 12:00PM	HOPE
Tues July 11	10:00 - 12:00PM	HOPE
<b>Pole Walking for Arthritis</b>		
Wed June 21	1:00 - 2:30PM	SIL
Tues Aug 29	10:00 - 11:30AM	GAR
Tues Sept 26	10:00 - 11:30AM	GAR

**Registration Required:**

**FOR - 604-875-4544**

**West Van. Com. Centre  
Forest Room - 3<sup>rd</sup> Floor  
2121 Marine Drive, West Van.**

**GAR - 604-875-4544**

**West Van. Com. Centre  
Garden Room - Main Floor  
2121 Marine Drive, West Van.**

**SIL - 604-980-2474**

**Silver Harbour Centre  
144 22<sup>nd</sup> St E, North Van.**

**HOP - 604-875-4544**

**2<sup>nd</sup> floor, Hope Centre  
1337 St Andrews Ave, North Van**

**PARK 604-929-3727**

**Parkgate Library  
3675 Banff Court, North Van.**

**It's Free! For more information, go to our website:**

**[oasis.vch.ca](http://oasis.vch.ca) or email [oasis@vch.ca](mailto:oasis@vch.ca)**