

North Shore In-Person Education Sessions Spring 2023

Managing Hip/Knee Osteoarthritis		
Wed April 26	10:00 – 12:00PM	GAR
Exercise & Arthritis		
Wed Apr 12	10:00 - 12:00PM	GAR
Wed May 3	10:00 - 12:00PM	HOPE
Pain Management		
Wed Mar 8	10:00 - 12:30PM	GAR
Thurs April 6	10:00 - 12:30PM	HOPE
Tues May 9	4:15 - 6:15PM	PARK
Curious About Cannabis		
Wed Mar 31	1:00 - 2:00PM	SIL
Nutrition, Supplements & Arthritis		
Thurs May 4	1:00 – 3:30 PM	PARK
Thurs May 11	1:00 – 3:30 PM	HOPE
Mindful Eating Parts 1 & 2		
Thurs Mar 9 and Mar 23	1:00 - 3:00 PM	FOR
Beverages, What to Know		
Wed Mar 29	1:00 - 2:00 PM	SIL
Arthritis and Your Hands		
Tues April 4	10:00-12:00PM	HOPE
Tues May 16	10:00 - 12:00PM	HOPE
Sleep & Stress Management		
Wed April 26	1:00 - 3:30PM	SIL
Pole Walking for Arthritis		
Wed Mar 29	10:00 - 11:30AM	GAR
Wed Apr 19	10:00 - 11:30AM	GAR

Registration Required:

FOR - 604-875-4544

**West Van. Com. Centre
Forest Room – 3rd 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 22nd St E, North Van.**

HOP - 604-875-4544

**2nd 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
or email oasis@vch.ca**

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