

Early Preparation for Surgery – Webinars and In-person Classes

These classes are for people who are considering hip or knee replacement surgery. Learn about ways to prepare for your surgery through exercise, managing your pain effectively and setting up your home.

Webinar Schedule (oasis.vch.ca, Our Classes)

1. Tue Jan 10th, 2023 4:00-5:30 PM Vancouver
Please register by clicking [HERE](#)
2. Tue Jan 31st, 2023 10:00-11:30 AM Vancouver
Please register by clicking [HERE](#)
3. Wed Feb 15th, 2023 10:00-11:30 AM Vancouver
Please register by clicking [HERE](#)

After registering, you will receive an email containing information about joining your appointment. Please note that you do not need to download Zoom in order to participate – the platform can be accessed through your web browser

In-Person Schedule

To register (all locations), please call 604-875-4544. Class size is limited.

Vancouver – Mary Pack Arthritis Centre, 895 W 10th Ave, Room 3

1. Tues Jan 24, 2023 10:00AM - 12:00PM
2. Tues Feb 21, 2023 10:00AM - 12:00PM
3. Mon April 3, 2023 10:00AM - 12:00PM

North Shore – Hope Centre, LGH - 1337 St Andrews Ave, Room 2112

1. Mon Feb 13, 2023 10:00AM - 12:00PM
2. Fri March 31, 2023 10:00AM - 12:00PM
3. Thurs April 20, 2023 10:00AM - 12:00PM

Richmond – Garrett Wellness Centre -7504 Chelsea Pl

1. Fri Jan 13, 2023 10:00AM - 12:00PM
2. Fri Apr 14, 2023 10:00AM - 12:00PM