

## Early Preparation for Surgery Webinars and In-person Classes

These classes are for people who are considering or preparing for 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. Wed Feb 7th, 2024 10:00 - 11:30 AM Vancouver  
Please register by clicking [HERE](#)
2. Thurs Feb 22nd, 2024 10:00 - 11:30 AM Vancouver  
Please register by clicking [HERE](#)
3. Fri March 1st, 2024 10:00 - 11:30 AM Vancouver  
Please register by clicking [HERE](#)
4. Thurs March 14<sup>th</sup>, 2024 5:00 – 6:30 PM Vancouver  
Please register by clicking [HERE](#)
5. Tues April 2nd, 2024 5:00 - 6:30 PM Vancouver  
Please register by clicking [HERE](#)
6. Thurs April 25th, 2024 1:00 - 2:30 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. Wed Feb 21 10:00 - 12:00PM
2. Wed March 13 10:00 - 12:00PM
3. Wed Apr 24 10:00 - 12:00PM

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

1. Fri Feb 2 10:00 – 12:00PM
2. Mon April 15 10:00 – 12:00PM

**Richmond – Richmond Community Health Access Centre (CHAC) – 7671 Alderbridge  
Way, Bridgeport Room**

1. Thurs Feb 15 1:00 - 3:00 PM
2. Thurs Apr 11 10:00 – 12:00PM