

## OASIS Prehab Education – Webinars and In-person

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

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

1. Thurs Aug 11, 2022 10:00-11:30 AM Vancouver  
Please register by clicking [HERE](#)
2. Wed Aug 31st, 2022 3:00-4:30 PM Vancouver  
Please register by clicking [HERE](#)
3. Thurs Sept 8, 2022 10:00-11:30 AM Vancouver  
Please register by clicking [HERE](#)
4. Wed Sept 21, 2022 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 Prehab 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. Mon Sept 12, 2022 10:00AM -12:00 PM
2. Thurs Oct 13, 2022 10:00AM -12:00 PM
3. Mon Nov 21, 2022 10:00AM -12:00 PM
4. Wed Dec 14, 2022 10:00AM -12:00 PM

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

1. Tues Sept 13, 2022 10:00AM -12:00 PM
2. Tues Nov 8, 2022 10:00AM -12:00 PM

#### Richmond – Garrett Wellness Centre -7504 Chelsea Pl

1. Fri Oct 7, 2022 10:00AM -12:00 PM
2. Fri Dec 2, 2022 10:00AM -12:00 PM