

Vancouver Education Sessions

Understanding Osteoarthritis			
Tue	Feb 20, 2018	10:00 to 12:00PM	VAN
Mon	Mar 19, 2018	10:00 to 12:00PM	VAN
Fri	Apr 20, 2018	10:00 to 12:00PM	VAN
Exercise & Arthritis			
Wed	Feb 7, 2018	01:00 to 03:00PM	VAN
Tue	Feb 13, 2018	09:30 to 11:30AM	KER
Mon	Mar 5, 2018	10:00 to 12:00PM	VAN
Tue	Apr 10, 2018	10:00 to 12:00PM	VAN
Pain Management			
Thu	Feb 15, 2018	10:00 to 12:30PM	VAN
Mon	Feb 26, 2018	12:30 to 03:00PM	KIL
Tue	Apr 3, 2018	10:00 to 12:30PM	VAN
Nutrition & Supplements/Weight Control			
Thu	Feb 22, 2018	10:00 to 12:30PM	VAN
Tue	Feb 27, 2018	09:30 to 12:00PM	KER
Mindful Eating for Weight Control Part 1			
Thu	Mar 8, 2018	10:00 to 12:00PM	VAN
Tue	Mar 13, 2018	7:00 to 9:00 PM	TROUT
Mindful Eating for Weight Control Part 2 (Part 1 Req.)			
Thu	Mar 15, 2018	10:00 to 12:00PM	VAN
Tue	Mar.20, 2018	7:00 to 9:00 PM	TROUT
Hand Osteoarthritis			
Mon	Feb 26, 2018	10:00 to 12:00PM	VAN
Tue	Mar 27, 2018	10:00 to 12:00PM	VAN
Foot/Ankle Osteoarthritis			
Thu	Mar 29, 2018	10:00 to 12:00PM	VAN
Sleep & Stress Management			
Tue	Feb 20, 2018	09:30 to 11:30AM	KER
Tue	Mar 6, 2018	10:00 to 12:00PM	VAN
Tue	Apr 17, 2018	10:00 to 12:00PM	VAN

Registration Required:

VAN - 604-875-4544
OASIS Clinic - Vancouver at Mary Pack
3rd Floor, Rm 3 - 895 W 10th Ave, Vancouver

TROUT - 604-257-6955
Trout Lake Community Centre
3360 Victoria Drive, Vancouver

KER - 604-257-8100
Kerrisdale Community Centre
5851 West Blvd, Vancouver

KIL - 604-718-8200
Killarney Community Centre
6260 Killarney Street, Vancouver

Pole Walking Education Sessions

Day	Date	Time	Place
Thu	Feb 15, 2018	09:30 to 11:00AM	GWC
Mon	Feb 19, 2018	09:30 to 11:00AM	WVC
Wed	Feb 21, 2018	09:30 to 11:00AM	WPG
Tue	Feb 27, 2018	09:30 to 11:00AM	OAK
Mon	Mar 5, 2018	07:00 to 08:30PM	HIL
Wed	Mar 7, 2018	09:30 to 11:00AM	SCC
Thu	Mar 15, 2018	10:00 to 11:30AM	RLIB
Mon	Apr 9, 2018	09:30 to 11:00AM	WVC
Wed	Apr 18, 2018	09:30 to 11:00AM	GWC
Wed	Apr 25, 2018	09:30 to 11:00AM	CCC
Thu	May 17, 2018	09:30 to 11:00AM	GWC

Registration Required:

CCC - 604-257-3050

Creekside Community Centre
1 Athletes Way, Vancouver

GWC - 604-244-5377

Garrett Wellness Centre
7504 Chelsea Place, Richmond

HIL - 604- 257-8680

Hillcrest Community Centre
4575 Clancy Loranger Way, Vancouver

OAK - 604-257-8180

Oakridge Marpole Community Centre
990 W 59th Ave, Vancouver

RLIB - 604-231-6413

Richmond Library
7700 Minoru Gate, Richmond

SCC - 604-718-6505

Sunset Community Centre
6810 Main Street, Vancouver

WPG - 604-257-8140

West Point Grey Community Centre
4397 West 2nd Ave, Vancouver, BC

WVC - 604-904-6177

West Van. Community Centre
Garden Room
2121 Marine Drive, West Van.

It's Free!

For more information, go to our website:

oasis.vch.ca