

Vancouver Education Sessions

Understanding Osteoarthritis			
Mon	Jan 15, 2018	12:30 to 02:30PM	KIL
Tue	Jan 30, 2018	09:30 to 11:30AM	KER
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			
Thu	Jan 11, 2018	10:00 to 12:00PM	VAN
Mon	Feb 5, 2018	12:30 to 02:30PM	KIL
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			
Tue	Jan 23, 2018	10:00 to 12:30PM	VAN
Tue	Feb 6, 2018	09:30 to 12:00PM	KER
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	Jan 18, 2018	10:00 to 12:30PM	VAN
Mon	Jan 22, 2018	12:30 to 03:00PM	KIL
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			
Wed	Jan 24, 2018	10:00 to 12:00PM	VAN
Thu	Mar 8, 2018	10:00 to 12:00PM	VAN
Mindful Eating for Weight Control Part 2 (Part 1 Req.)			
Wed	Jan 31, 2018	10:00 to 12:00PM	VAN
Thu	Mar 15, 2018	10:00 to 12:00PM	VAN
Hand Osteoarthritis			
Thu	Jan 25, 2018	10:00 to 12:00PM	VAN
Mon	Feb 26, 2018	10:00 to 12:00PM	VAN
Tue	Mar 27, 2018	10:00 to 12:00PM	VAN
Foot/Ankle Osteoarthritis			
Wed	Jan 10, 2018	01:00 to 03:00PM	VAN
Thu	Feb 8, 2018	10:00 to 12:00PM	VAN
Thu	Mar 29, 2018	10:00 to 12:00PM	VAN
Sleep & Stress Management			
Tue	Jan 16, 2018	10:00 to 12:00PM	VAN
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
Cantonese at Killarney Community Centre			
Fri	Jan 12, 2018	12:30 to 02:30PM	Understand. OA
Fri	Jan 19, 2018	12:30 to 02:30PM	Nutrition
Fri	Jan 26, 2018	12:30 to 02:30PM	Exercise
Fri	Feb 2, 2018	12:30 to 02:30PM	Pain

Registration Required:

VAN - 604-875-4544
OASIS Clinic - Vancouver at Mary Pack
3rd Floor, Rm 3 - 895 W 10th Ave, 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	Jan 18, 2018	09:30 to 11:00AM	GWC
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