

Vancouver Education Sessions

Managing Hip/Knee Osteoarthritis

Tue Jan 22, 2019	10:00 to 12:00PM VAN
Fri Feb 8, 2019	10:00 to 12:00PM VAN
Thu Mar 21, 2019	10:00 to 12:00PM VAN
Tue Apr 16, 2019	04:30 to 06:30PM VAN

Exercise & Arthritis

Thu Jan 10, 2019	10:00 to 12:00PM VAN
Tue Feb 5, 2019	10:00 to 12:00PM VAN
Thu Feb 28, 2019	10:00 to 12:00PM VAN
Thu Apr 11, 2019	04:30 to 06:30PM VAN

Pain Management

Tue Jan 15, 2019	10:00 to 12:30PM VAN
Tue Jan 29, 2019	07:00 to 09:00PM TRO
Tue Feb 26, 2019	10:00 to 12:30PM VAN
Tue Mar 26, 2019	10:00 to 12:30PM VAN
Tue Apr 23, 2019	04:00 to 06:30PM VAN

Nutrition & Supplements/Weight Control

Thu Jan 24, 2019	10:00 to 12:30PM VAN
Thu Feb 21, 2019	04:00 to 06:30PM VAN

Mindful Eating for Weight Control Part 1

Tue Feb 12, 2019	10:00 to 12:00PM VAN
Thu Mar 14, 2019	05:00 to 07:00PM VAN

Mindful Eating for Weight Control Part 2 (Part 1 Req.)

Tue Mar 19, 2019	10:00 to 12:00PM VAN
Thu Apr 4, 2019	05:00 to 07:00PM VAN

Managing Hand Osteoarthritis

Fri Jan 11, 2019	10:00 to 12:00PM VAN
Thu Feb 14, 2019	10:00 to 12:00PM VAN
Tue Mar 5, 2019	10:00 to 12:00PM VAN
Tue Apr 9, 2019	04:30 to 06:30PM VAN

Managing Foot/Ankle Osteoarthritis

Fri Feb 1, 2019	10:00 to 12:00PM VAN
Thu Mar 7, 2019	04:30 to 06:30PM VAN
Thu Apr 25, 2019	10:00 to 12:00PM VAN

Sleep & Stress Management

Mon Feb 4, 2019	07:00 to 09:00PM HIL
Thu Feb 21, 2019	10:00 to 12:30PM VAN
Tue Mar 5, 2019	04:00 to 06:30PM VAN
Tue Apr 2, 2019	10:00 to 12:30PM VAN

Registration Required:

VAN - 604-875-4544

OASIS Clinic - Vancouver

1st Floor - 895 W 10th Ave

TRO - 604-257-6955

Trout Lake Community Centre

3360 Victoria Dr, Vancouver, BC

HIL - 604-257-8680

Hillcrest Community Centre

4575 Clancy Loranger Way, Vancouver

It's Free!

For more information, go to our website:

oasis.vch.ca

Pole Walking Education Sessions

Day	Date	Time	Place
Wed	Jan 16, 2019	09:30 to 11:00AM	GWC
Wed	Jan 23, 2019	09:30 to 11:00AM	CCC
Wed	Jan 30, 2019	09:30 to 11:00AM	WVCC
Tue	Feb 12, 2019	12:00 to 01:30PM	FAL
Thu	Feb 21, 2019	09:30 to 11:00AM	GWC
Wed	Feb 27, 2019	09:30 to 11:00AM	CCC
Fri	Mar 1, 2019	10:00 to 11:30AM	REN
Wed	Mar 20, 2019	09:30 to 11:00AM	GWC
Tue	Apr 16, 2019	09:30 to 11:00AM	WVCC
Wed	Apr 17, 2019	09:30 to 11:00AM	CCC
Thu	Apr 18, 2019	09:30 to 11:00AM	GWC

Registration Required:

CCC - 604-257-3050
Creekside Community Centre
1 Athletes Way, Vancouver

FAL - 604-257-8195
False Creek Community Centre
1318 Cartwright St, Vancouver

GWC - 604-244-5377
Garrett Wellness Centre
7504 Chelsea Place, Richmond

REN - (604) 257-8388
Renfrew Park Community Centre
2929 East 22nd Ave, Vancouver
WVCC - 604-904-6177
West Van. Com. Centre (Garden Room)
2121 Marine Drive, West Van.

It's Free!

For more information, go to our website:

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