

## Vancouver Education Sessions

<b>Understanding Osteoarthritis</b>	
Tue May 9, 2017	01:00 to 03:00PM TEMP
Fri Jun 2, 2017	09:30 to 11:30AM VAN
Tue Aug 8, 2017	09:30 to 11:30AM VAN
<b>Osteoarthritis &amp; Exercise</b>	
Thu May 4, 2017	09:30 to 11:30AM VAN
Tue May 16, 2017	01:00 to 03:00PM TEMP
Tue Jun 13, 2017	09:30 to 11:30AM VAN
Thu Jul 13, 2017	09:30 to 11:30AM VAN
Wed Aug 30, 2017	09:30 to 11:30AM VAN
<b>Pain Management</b>	
Wed May 24, 2017	12:30 to 03:00PM TEMP
Wed Jun 7, 2017	09:30 to 12:00PM VAN
Thu Jul 6, 2017	09:30 to 12:00PM VAN
Tue Aug 15, 2017	09:30 to 12:00PM VAN
<b>Nutrition &amp; Supplements/Weight Control</b>	
Thu May 18, 2017	09:30 to 12:00PM VAN
Tue Jun 6, 2017	01:00 to 03:30PM TEMP
Tue Jul 18, 2017	09:30 to 12:00PM VAN
<b>Mindful Eating for Weight Control Part 1</b>	
Tue Jun 20, 2017	09:30 to 11:30AM VAN
Tue Jul 25, 2017	09:30 to 11:30AM VAN
<b>Mindful Eating for Weight Control Part 2 (Must attend Part 1 first.)</b>	
Tue Jun 27, 2017	09:30 to 11:30AM VAN
Tue Aug 1, 2017	09:30 to 11:30AM VAN
<b>Hand Osteoarthritis</b>	
Fri Jun 9, 2017	09:30 to 11:30AM VAN
Tue Jul 11, 2017	09:30 to 11:30AM VAN
Thu Aug 24, 2017	09:30 to 11:30AM VAN
<b>Foot/Ankle Osteoarthritis</b>	
Wed Jun 21, 2017	09:30 to 11:30AM VAN
Tue Aug 29, 2017	09:30 to 11:30AM VAN
<b>Sleep, Stress &amp; Osteoarthritis</b>	
Thu May 25, 2017	09:30 to 12:00PM VAN
Wed Jun 14, 2017	12:30 to 03:00PM TEMP
Wed Jul 5, 2017	09:30 to 12:00PM VAN
Thu Aug 3, 2017	09:30 to 12:00PM VAN

**To register:**

VAN - 604-875-4544  
OASIS Clinic - Vancouver  
#3225 - 2775 Laurel St, Vancouver

TEM - 604-718-6252  
Templeton Park Pool  
700 Templeton Drive, Vancouver

**It's Free!**

For more information, go to our website:

[oasis.vch.ca](http://oasis.vch.ca)

## Pole Walking Education Sessions

Day	Date	Time	Place
Wed	May 17, 2017	01:00 to 02:30PM	RLIB
Wed	May 24, 2017	09:30 to 11:00AM	CCC
Wed	May 31, 2017	09:30 to 11:00AM	SCC
Wed	Jun 7, 2017	01:30 to 03:00PM	TEM
Thu	Jun 15, 2017	01:00 to 02:30PM	RLIB
Tue	Jun 27, 2017	09:30 to 11:00AM	WVCC
Wed	Jun 28, 2017	09:30 to 11:00AM	CCC
Wed	Aug 2, 2017	01:00 to 02:30PM	RLIB
Wed	Aug 16, 2017	09:30 to 11:00AM	CCC
Thu	Aug 17, 2017	01:00 to 02:30PM	RLIB
Tue	Aug 22, 2017	09:30 to 11:00AM	WVCC

**To register:**

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

RLIB - 604-231-6413  
Richmond Library  
7700 Minoru Gate, Richmond

SCC - 604-718-6505  
Sunset Community Centre  
6810 Main Street, Vancouver

TEM - 604-718-6252  
Templeton Park Pool  
700 Templeton Drive, Vancouver

WVCC - 604-904-6177  
West Van. Community Centre (Garden Room)  
2121 Marine Drive, West Van.

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As of: 3 May 2017