

Vancouver Education Sessions

Understanding Osteoarthritis	
Fri Sep 8, 2017	09:30 to 11:30AM VAN
Fri Oct 27, 2017	09:30 to 11:30AM VAN
Fri Nov 17, 2017	09:30 to 11:30AM VAN
Fri Dec 15, 2017	09:30 to 11:30AM VAN
Osteoarthritis & Exercise	
Tue Sep 26, 2017	09:30 to 11:30AM VAN
Tue Oct 31, 2017	09:30 to 11:30AM VAN
Thu Nov 30, 2017	09:30 to 11:30AM VAN
Pain Management	
Wed Sep 27, 2017	09:30 to 11:30AM VAN
Wed Oct 18, 2017	09:30 to 12:00PM VAN
Tue Nov 21, 2017	09:30 to 12:00PM VAN
Wed Dec 20, 2017	09:30 to 12:00PM VAN
Nutrition & Supplements/Weight Control	
Tue Sep 5, 2017	09:30 to 12:00PM VAN
Tue Oct 10, 2017	09:30 to 12:00PM VAN
Wed Nov 15, 2017	09:30 to 12:00PM VAN
Tue Nov 21, 2017	07:00 to 09:30PM TRO
Mindful Eating for Weight Control Part 1	
Tue Sep 12, 2017	09:30 to 11:30AM VAN
Thu Oct 26, 2017	09:30 to 11:30AM VAN
Tue Dec 5, 2017	09:30 to 11:30AM VAN
Mindful Eating for Weight Control Part 2 (Must attend Part 1 first.)	
Tue Sep 19, 2017	09:30 to 11:30AM VAN
Thu Nov 2, 2017	09:30 to 11:30AM VAN
Tue Dec 12, 2017	09:30 to 11:30AM VAN
Hand Osteoarthritis	
Fri Sep 22, 2017	09:30 to 11:30AM VAN
Tue Oct 24, 2017	09:30 to 11:30AM VAN
Fri Nov 24, 2017	09:30 to 11:30AM VAN
Tue Dec 19, 2017	09:30 to 11:30AM VAN
Foot/Ankle Osteoarthritis	
Thu Oct 19, 2017	09:30 to 11:30AM VAN
Wed Nov 22, 2017	09:30 to 11:30AM VAN
Sleep, Stress & Osteoarthritis	
Tue Oct 3, 2017	09:30 to 12:00PM VAN
Wed Nov 1, 2017	09:30 to 12:00PM VAN
Thu Dec 7, 2017	09:30 to 12:00PM VAN

Registration Required:

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

TRO - 604-257-6955
Trout Lake Community Centre
3360 Victoria Dr, Vancouver, BC

It's Free!

oasis.vch.ca

Pole Walking Education Sessions

Day	Date	Time	Place
Tue	Sep 12, 2017	09:30 to 11:00AM	WVCC
Tue	Sep 19, 2017	09:30 to 11:00AM	SCC
Wed	Sep 20, 2017	09:30 to 11:00AM	GWC
Tue	Sep 26, 2017	09:30 to 11:00AM	CCC
Wed	Oct 4, 2017	09:30 to 11:00AM	WPG
Mon	Oct 16, 2017	10:00 to 11:30AM	WVCC
Tue	Oct 17, 2017	09:30 to 11:00AM	OAK
Thu	Oct 19, 2017	09:30 to 11:00AM	GWC
Tue	Nov 7, 2017	09:30 to 11:00AM	CCC
Wed	Nov 15, 2017	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

OAK - 604-257-8180

Oakridge Marpole Community Centre
990 W 59th Ave, Vancouver

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

WVCC - 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

As of: 14 Jul 2017