

Vancouver Education Sessions

Understanding Osteoarthritis	
Thu Sep 20, 2018	04:30 to 06:30PM VAN
Mon Oct 22, 2018	10:00 to 12:00PM VAN
Tue Nov 27, 2018	10:00 to 12:00PM VAN
Tue Dec 18, 2018	10:00 to 12:00PM VAN
Exercise & Arthritis	
Thu Sep 13, 2018	10:00 to 12:00PM VAN
Thu Oct 4, 2018	04:30 to 06:30PM VAN
Thu Nov 8, 2018	10:00 to 12:00PM VAN
Thu Dec 6, 2018	10:00 to 12:00PM VAN
Pain Management	
Tue Sep 18, 2018	10:00 to 12:30PM VAN
Tue Oct 23, 2018	04:30 to 07:00PM VAN
Mon Oct 29, 2018	07:00 to 09:00PM HILL
Tue Nov 20, 2018	10:00 to 12:30PM VAN
Tue Dec 11, 2018	10:00 to 12:30PM VAN
Nutrition & Supplements/Weight Control	
Thu Sep 27, 2018	04:30 to 07:00PM VAN
Mon Oct 1, 2018	07:00 to 09:30PM HILL
Thu Nov 15, 2018	10:00 to 12:30PM VAN
Mindful Eating for Weight Control Part 1	
Thu Oct 18, 2018	04:30 to 06:30PM VAN
Thu Nov 29, 2018	10:00 to 12:00PM VAN
Mindful Eating for Weight Control Part 2 (Part 1 Req.)	
Thu Nov 1, 2018	04:30 to 06:30PM VAN
Thu Dec 13, 2018	10:00 to 12:00PM VAN
Hand Osteoarthritis	
Mon Sep 17, 2018	07:00 to 08:30PM HILL
Tue Sep 25, 2018	10:00 to 12:00PM VAN
Tue Oct 30, 2018	04:30 to 06:30PM VAN
Thu Nov 22, 2018	10:00 to 12:00PM VAN
Foot/Ankle Osteoarthritis	
Tue Oct 9, 2018	10:00 to 12:00PM VAN
Mon Dec 3, 2018	10:00 to 12:00PM VAN
Sleep & Stress Management	
Thu Sep 6, 2018	10:00 to 12:30PM VAN
Thu Oct 4, 2018	10:00 to 12:30PM VAN
Tue Nov 13, 2018	10:00 to 12:30PM VAN
Tue Dec 4, 2018	04:30 to 07:00PM VAN

Registration Required:

VAN - 604-875-4544
OASIS Clinic - Vancouver
3rd Floor - 895 W 10th Ave

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
Tue	Sep 11, 2018	09:30 to 11:00AM	CCC
Thu	Sep 20, 2018	09:30 to 11:00AM	GWC
Mon	Oct 1, 2018	09:30 to 11:00AM	WVCC
Wed	Oct 3, 2018	09:30 to 11:00AM	OAK
Wed	Oct 17, 2018	09:30 to 11:00AM	GWC
Wed	Oct 24, 2018	09:30 to 11:00AM	CCC
Fri	Oct 26, 2018	10:00 to 11:30AM	REN
Wed	Oct 31, 2018	09:30 to 11:00AM	WPG
Mon	Nov 5, 2018	09:30 to 11:00AM	WVCC
Thu	Nov 15, 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

OAK - 604-257-8180
Marpole-Oakridge Community Centre
990 W 59th Ave, Vancouver

REN - (604) 257-8388
Renfrew Park Community Centre
2929 East 22nd Ave, 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:

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As of: 7 Aug 2018