

## Vancouver In-Person Education Sessions - Fall 2023

<b>Managing Hip/Knee Arthritis</b>		
Mon Sept 18	10:00 - 12:00PM	VAN
Wed Sept 27	9:30 - 11:30PM	KEN
Fri Sept 29	2:15 - 3:45PM	FALSE
Mon Oct 16	10:00 - 12:00PM	VAN
Mon Nov 20	10:00 - 12:00PM	VAN
Mon Dec 11	10:00 - 12:00PM	VAN
<b>Exercise &amp; Arthritis</b>		
Tues Sept 12	10:00 - 12:00PM	SUN
Mon Sept 25	10:00 - 12:00PM	VAN
Wed Oct 4	9:30 - 11:00AM	KEN
Fri Oct 20	2:15 - 4:15PM	FALSE
Thurs Nov 2	10:00-12:00PM	VPL
Fri Nov 10	10:00 - 12:00PM	REN
Tues Nov 14	10:00 - 12:00PM	VAN
Wed Dec 6	10:00 - 12:00PM	VAN
<b>Pain Management</b>		
Thur Sept 21	1:00 - 3:30PM	VAN
Fri Oct 13	2:15 - 4:30PM	FALSE
Thur Oct 26	1:00 - 3:30PM	VAN
Tues Nov 28	10:00 -12:30PM	VAN
Thur Dec 7	2:00 - 4:30PM	VPL
Tues Dec12	1:00 - 3:30PM	VAN
<b>Nutrition, Supplements &amp; Arthritis</b>		
Tues Sept 26	3:30 - 6:00 PM	VAN
Fri Oct 13	9:30 - 12:00 PM	REN
Fri Nov 17	2:00 - 4:30 PM	FALSE
Wed Nov 22	12:30 - 3:00 PM	VPL
Thurs Dec 7	4:00 - 6:30 PM	VAN
<b>Mindful Eating (Parts 1&amp;2)</b>		
Tues Oct 24 Part 1and	3:30 - 5:30 PM	VAN
Tues Nov 21 Part 2	3:30 - 5:30 PM	VAN
<b>Beverages</b>		
Wed Nov 29	11:00 - 12:30 PM	VAN
<b>Sleep and Stress Management</b>		
Fri Sept 8	10:00 - 11:30	REN
Wed Oct 4	1:00 - 3:30 PM	ROUND
Fri Nov 3	2:15 - 4:15 PM	FALSE
Tues Nov 7	9:45 - 11:45AM	SUN
<b>Introduction to Meditation</b>		
Tues Sept 12	1:00 - 2:00PM	KERR
Tues Dec 5	10:45 - 11:45AM	SUN
<b>Hand Arthritis</b>		
Fri Sept 1	10:00 - 12:00	VAN
Mon Oct 23	10:00 - 12:00	VAN
Wed Nov 1	9:30 - 11:00	KEN
Fri Nov 24	2:15 - 3:45PM	FALSE

<b>Shoulder Arthritis</b>		
Fri Oct 27	2:15 – 3:45PM	FALSE
Wed Nov 29	9:30 – 11:00AM	KEN
<b>Osteoarthritis of the Spine</b>		
Fri Nov 10	2:15 – 4:15PM	FALSE
Fri Dec 1	10:00 – 12:00PM	REN
<b>Basic Hip and Knee Exercises (Practical Session)</b>	<b>*Must attend “Exercise and Arthritis” as a prerequisite</b>	
Tues Sept 12	10:00 – 11:30AM	VAN
Fri Sept 29	10:00 – 11:30AM	VAN
Tues Oct 10	9:45 -11:15AM	SUN
Tues Oct 31	1:00 – 2:30 PM	VAN
Fri Nov 17	10:00 – 11:30AM	VAN
Wed Nov 22	10:00 – 11:30AM	VAN
Fri Dec 15	10:00 – 11:30AM	VAN
<b>Pole Walking for Arthritis</b>		
Tues Sept 5	10:00 - 11:30AM	CREEK
Wed Sept 13	10:00 - 11:30AM	ROUND
Tues Sept 19	10:00 - 11:30AM	SUN
Wed Sept 27	10:00 – 11:30AM	KERR
Fri Oct 6	2:15 – 4:45PM	FALSE
Tues Oct 10	10:00 – 11:30AM	CREEK
Wed Oct 11	10:00 - 11:30AM	ROUND
Tues Oct 17	10:00 - 11:30AM	SUN
Wed Nov 8	10:00 - 11:30AM	KERR
Wed Nov 15	10:00 - 11:30AM	ROUND
Tues Nov 28	10:00 - 11:30AM	SUN
Tues Dec 12	10:00 - 11:30AM	CREEK
Wed Dec 13	10:00 - 11:30AM	ROUND

**Registration is required – see information below**

<b>VAN - 604-875-4544</b> 3 <sup>rd</sup> Floor, Mary Pack Arthritis Centre 895 W 10th Ave, Vancouver	<b>SUN - 604-718-6505</b> Sunset Community Centre 6810 Main Street, Vancouver
<b>REN – 604-257-8388</b> Renfrew Park Community Centre 2929 East 22 <sup>nd</sup> Avenue, Vancouver	<b>CREEK – 604-257-3050</b> Creekside Community Centre 1 Athlete’s Way, Vancouver
<b>KERR – 604-257-8100</b> Kerrisdale Community Centre 5851 West Boulevard, Vancouver	<b>KEN – 604-718-6200</b> Kensington Community Centre 5175 Dumfries St., Vancouver
<b>VPL – 604-331-3603</b> Central Library, Room 916 350 W Georgia St, Vancouver	<b>ROUND – 604-713-1800</b> Roundhouse Community Centre 181 Roundhouse Mews, Vancouver
<b>FALSE – 604-257-8195</b> False Creek Community Centre 1318 Cartwright St, Vancouver	