

Vancouver In-Person Education Sessions Summer 2023

Managing Hip/Knee Arthritis		
Mon June 12	10:00 - 12:00PM	VAN
Mon July 10	10:00 - 12:00PM	VAN
Tues Aug 15	10:00 - 12:00PM	VAN
Exercise & Arthritis		
Fri June 9	10:00 - 12:00PM	VAN
Wed June 28	10:00 - 12:00PM	VAN
Tues July 25	10:00 - 12:00PM	VAN
Tues Aug 22	10:00 - 12:00PM	VAN
Pain Management		
Thur June 15	10:00 - 12:30PM	VAN
Thur July 13	10:00 - 12:30PM	VAN
Thur Aug 31	1:00 - 3:30PPM	VAN
Nutrition, Supplements & Arthritis		
Thurs June 1	10:00 – 12:30 PM	HCC
Tues June 13	10:00 - 12:00PM	MAR
Tues July 11	2:00 – 4:30 PM	VAN
Thurs Aug 17	10:00 – 12:30 PM	VAN
Mindful Eating (Parts 1&2)		
Thurs Aug 3 and 10	1:00 – 3:00 PM	VAN
Beverages		
Thurs July 13	2:00 – 3:30 PM	VAN
Hand Arthritis		
Mon June 5	10:00 - 12:00PM	VAN
Thurs June 8	10:00 - 12:00PM	HCC
Fri July 14	10:00 – 12:00PM	VAN
Wed Aug 16	10:00 – 12:00PM	VAN
Shoulder Arthritis		
Fri July 21	12:00 – 2:00PM	SCC
Foot and Ankle Arthritis		
Fri Aug 25	12:00 – 2:00PM	SCC
Osteoarthritis of the Spine		
Tues June 20	10:00 – 12:00PM	VAN
Fri Aug 4	12:00 – 2:00PM	SCC

Pole Walking for Arthritis Tues June 6 10:00 - 11:30AM MAR Tues June 13 10:00 - 11:30AM CCC Tues June 27 10:00 - 11:30AM SCC Tues July 11 10:00 - 11:30AM CCC Tues Aug 8 10:00 - 11:30AM CCC	
Basic Hip and Knee Exercises (Practical Session) *Must attend "Exercise and Arthritis" as a prerequisite	
Mon June 19 10:00 -12:00PM VAN Wed July 26 10:00 - 12:00PM VAN Thurs Aug 10 9:00 – 11:00AM VAN Wed Aug 30 10:00 – 12:00PM VAN	
Call to Register! See Registration Info Below	

Registration Required:	
VAN - 604-875-4544 OASIS – Mary Pack Arthritis Centre 895 W 10th Ave, Vancouver	SCC - 604-718-6505 Sunset Community Centre 6810 Main Street, Vancouver
TLCC - 604-257-6955 Trout Lake Community Centre 3360 Victoria Drive, Vancouver	HCC - 604-257-8680 Hillcrest Community Centre 4575 Clancy Loranger Way, Vancouver
KERR – 604-257-8100 Kerrisdale Community Centre 5851 West Boulevard, Vancouver	CCC – 604-257-3050 Creekside Community Centre 1 Athlete’s Way, Vancouver
KEN – 604-718-6200 Kensington Community Centre 5175 Dumfries St., Vancouver	MAR – 604-875-4544 Marpole-Oakridge Community Centre 990 W 59th Ave, Vancouver