

## Vancouver In-Person Education Sessions Winter 2024

**\*\*Registration Required – See last page for details\*\***

<b>Managing Hip/Knee Arthritis</b>		
Fri Feb 23	10:00 - 12:00PM	MPAC
Mon March 11	10:00 - 12:00PM	MPAC
Thurs March 14	1:00 - 3:00PM	MTPLEASANT
<b>Exercise &amp; Arthritis</b>		
Wed Feb 28	9:30 - 11:00AM	KEN
Mon Mar 4	10:00 - 12:00PM	MPAC
Wed Apr 3	10:00 - 12:00PM	MPAC
Tues April 9	10:00 - 11:30AM	SUNSET
Wed April 10	9:30 - 11:30AM	HILL
<b>Pain Management</b>		
Thurs Feb 29	1:00 - 3:00PM	MPAC
Tues April 3	2:00 - 4:30PM	VPL
Thurs April 4	1:00 - 3:00PM	MPAC
Wed April 17	9:30 - 11:30AM	HILL
<b>Nutrition, Supplements &amp; Arthritis</b>		
Thurs Jan 25	1:00 - 3:00 PM	MTPLEASANT
Wed Feb 28	3:00 - 5:30 PM	MPAC
Tues April 2	10:00-12:30PM	SUNSET
Thurs April 11	1:00 - 3:00 PM	KERR
<b>Mindful Eating</b>		
Tues Feb 13 (Part 1)	1:00 - 3:00PM	ROUND
Tues Feb 20 (Part 2)	1:00 - 3:00PM	ROUND
Thurs Feb 22 (Part 1)	1:00 - 3:00PM	MTPLEASANT
Thurs Mar 21 (Part 2)	1:00 - 3:00PM	MTPLEASANT
<b>Hand Arthritis</b>		
Wed Mar 6	9:30 - 11:00AM	KEN
Tues Apr 30	10:00 - 12:00PM	MPAC
<b>Sleep and Stress Management</b>		
Mon April 15 1330-1430 WESN	1:30 - 2:30PM	WESN
Wed April 24 0930-1130 HILL	9:30 - 11:30AM	HILL

<b>Osteoarthritis of the Spine</b>		
Thurs March 21	10:00 - 12:00PM	MPAC
<b>Foot and Ankle Arthritis</b>		
Thurs Feb 29	10:00 - 12:00PM	MPAC
<b>Shoulder Arthritis</b>		
Tues March 19	10:00 - 12:00PM	MPAC
<b>Introduction to Meditation</b>		
Wed Feb 28	1:00 – 2:00PM	KERR
<b>Beverages</b>		
Fri March 15	10:00 - 11:30AM	REN
<b>Working from Home - Ergonomics</b>		
Tues March 5	10:00 – 11:30AM	VPL
<b>Pole Walking for Arthritis</b>		
Thurs Feb 29	1:00 – 2:30PM	MTPLEASANT
Wed Mar 13	10:00 - 11:30AM	ROUND
Tues Apr 9	10:00 - 11:30AM	CREEK
Tues Apr 23	10:00 – 11:30AM	SUNSET
<b>Basic Hip and Knee Exercises (Practical Session)</b>		<b>*Must attend “Exercise and Arthritis” as a prerequisite</b>
Mon Feb 26	2:00 - 3:30PM	MPAC
Fri Mar 8	10:00 – 11:30AM	MPAC
Wed Apr 10	10:00 – 11:30AM	MPAC

**Registration Required - See next page for details**

## REGISTRATION

Please call the appropriate location to register:

<p><b>CREEK – 604-257-3050</b>  <b>Creekside Community Centre</b>  <b>1 Athlete’s Way, Vancouver</b></p>	<p><b>KEN – 604-718-6200</b>  <b>Kensington Community Centre</b>  <b>5175 Dumfries St., Vancouver</b></p>
<p><b>KERR – 604-257-8100</b>  <b>Kerrisdale Community Centre</b>  <b>5851 West Boulevard, Vancouver</b></p>	<p><b>MPAC - 604-875-4544</b>  <b>OASIS – Mary Pack Arthritis Centre</b>  <b>895 W 10th Ave, Vancouver</b></p>
<p><b>MTPLEASANT - 604-257-3080</b>  <b>Mount Pleasant Community Centre</b>  <b>1 Kingsway, Vancouver</b></p>	<p><b>REN – 604-257-8388</b>  <b>Renfrew Park Community Centre</b>  <b>2929 East 22<sup>nd</sup> Avenue, Vancouver</b></p>
<p><b>ROUND – 604-713-1800 (Press 1)</b>  <b>Roundhouse Community Centre</b>  <b>181 Roundhouse Mews, Vancouver</b></p>	<p><b>SUNSET - 604-718-6505</b>  <b>Sunset Community Centre</b>  <b>6810 Main Street, Vancouver</b></p>
<p><b>VPL – 604-331-3603</b>  <b>Central Library, Room 916</b>  <b>350 W Georgia St, Vancouver</b></p>	<p><b>HILL – 604 257 8680</b>  <b>Hillcrest Community Centre</b>  <b>4575 Clancy Loranger Way, Vancouver</b></p>

**All classes are FREE!**

For more information and our **WEBINAR** schedule, go to our website: [oasis.vch.ca](http://oasis.vch.ca)  
 Or email: [oasis@vch.ca](mailto:oasis@vch.ca)