

## Vancouver In-Person Education Sessions Spring 2023

<b>Managing Hip/Knee Arthritis</b>		
Mon April 17	10:00 - 12:00PM	VAN
Tues April 25	10:00 - 12:00PM	MAR
Mon May 1	10:00 - 12:00PM	VAN
Thurs May 4	10:00 - 12:00PM	HCC
Wed May 31	1:00 – 3:00PM	KEN
<b>Exercise &amp; Arthritis</b>		
Wed Apr 12	1:00 – 3:00 PM	KEN
Tues Apr 18	10:00 - 12:00PM	VAN
Tues May 9	10:00 - 12:00PM	MAR
Thurs May 11	10:00 - 12:00PM	KERR
Thurs May 18	10:00 - 12:00PM	HCC
<b>Pain Management</b>		
Wed April 12	10:00 - 12:30PM	VAN
Thur April 20	10:00 - 12:30PM	HCC
Tues May 2	10:00 - 12:00PM	MAR
Thur May 11	1:00 - 3:30PM	VAN
Wed May 17	10:00 - 12:00	KEN
<b>Nutrition, Supplements &amp; Arthritis</b>		
Thurs Apr 27	4:00 - 6:30PM	VAN
<b>Mindful Eating (Parts 1&amp;2)</b>		
Wed May 3 and 10	1:00 – 3:00 PM	KEN
<b>Hand Arthritis</b>		
Wed Apr 26	10:00 - 12:00PM	VAN
Tues May 16	12:30 - 2:00PM	TLCC
Tues May 30	10:00 - 12:00PM	MAR
<b>Shoulder Arthritis</b>		
Wed Apr 26	1:00 – 2:30 PM	KEN
<b>Pole Walking for Arthritis</b>		
Tues Apr 11	10:00 - 11:30AM	CCC
Tues Apr 25	10:00 - 11:30AM	SCC
Tues May 9	10:00 - 11:30AM	CCC
Tues May 23	10:00 - 11:30AM	SCC
Wed May 24	1:00 – 2:30PM	KEN
<b>Basic Hip and Knee Exercises (Practical Session)</b>		
<b>*Must attend “Exercise and Arthritis” as a prerequisite</b>		
Thurs Apr 27	9:00 - 11:00AM	VAN
Thurs May 4	10:00 - 12:00PM	VAN
Wed May 31	10:00 - 12:00PM	VAN

**Call to Register! See Registration Info Below**

<p><b>Registration Required:</b></p> <p><b>VAN - 604-875-4544</b>  <b>OASIS – Mary Pack Arthritis Centre</b>  <b>895 W 10th Ave, Vancouver</b></p>	<p><b>SCC - 604-718-6505</b>  <b>Sunset Community Centre</b>  <b>6810 Main Street, Vancouver</b></p>
<p><b>TLCC - 604-257-6955</b>  <b>Trout Lake Community Centre</b>  <b>3360 Victoria Drive, Vancouver</b></p>	<p><b>HCC - 604-257-8680</b>  <b>Hillcrest Community Centre</b>  <b>4575 Clancy Loranger Way, Vancouver</b></p>
<p><b>KERR – 604-257-8100</b>  <b>Kerrisdale Community Centre</b>  <b>5851 West Boulevard, Vancouver</b></p>	<p><b>CCC – 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>MAR – 604-875-4544</b>  <b>Marpole-Oakridge Community Centre</b>  <b>990 W 59th Ave, Vancouver</b></p>