

## Vancouver In-Person Education Sessions Spring / Summer 2024

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

<b>Managing Hip/Knee Arthritis</b>		
Mon July 15	10:00 -12:00PM	MPAC
Mon Aug 19	10:00 – 12:00PM	MPAC
<b>Exercise &amp; Arthritis</b>		
Fri July 12	10:00 - 12:00PM	MPAC
Wed Aug 7	10:00 - 12:00PM	MPAC
Fri Aug 30	12:30 - 2:30PM	SUNSET
<b>Pain Management</b>		
Wed Aug 21	1:00 – 3:00PM	MPAC
<b>Nutrition, Supplements &amp; Arthritis</b>		
Thurs July 25	1:00 – 3:30 PM	MPAC
Wed Aug 14	3:00 - 5:30 PM	MPAC
<b>Mindful Eating Parts 1 and 2</b>		
Thurs July 11 (Part 1)	1:00 – 3:00 PM	MPAC
Thurs July 18 (Part 2)	1:00 – 3:00 PM	MPAC
<b>Hand Arthritis</b>		
Tues July 16	10:00 – 12:00PM	MPAC
Tues Aug 27	1:00 – 3:00PM	MPAC
<b>Sleep and Stress Management</b>		
Wed Aug 28	10:00-1200	RENFREW
<b>Osteoarthritis of the Spine</b>		
Fri July 12	1:30 – 3:00	SUNSET
<b>Foot and Ankle Arthritis</b>		
Mon Aug 26	10:00 – 12:00PM	MPAC
<b>Shoulder Arthritis</b>		
Wed July 24	9:00 - 11:00AM	MPAC
<b>Introduction to Meditation</b>		
Returning Sept 2024		
<b>Curious About Cannabis</b>		
Thurs Aug 29	2:00 – 3:00PM	VPL
<b>Beverages</b>		
Wed July 31	2:00 – 3:30 PM	VPL

<b>Pole Walking for Arthritis</b>		
Returning Sept 2024		
<b>Basic Hip and Knee Exercises (Practical Session)</b>	<b>*Must attend "Exercise and Arthritis" as a prerequisite</b>	
Thurs July 18	10:00 – 11:30AM	MPAC
Fri Aug 16	10:00 – 11:30AM	MPAC
Wed Aug 28	10:00 – 11:30AM	MPAC

**Registration Required - See below for details**

**REGISTRATION**

Please call the appropriate location to register:

<b>CREEK - 604-257-3050</b> Creekside Community Centre 1 Athlete's Way, Vancouver	<b>MPAC - 604-875-4544</b> OASIS – Mary Pack Arthritis Centre 895 W 10th Ave, Vancouver
<b>MTPLEASANT - 604-257-3080</b> Mount Pleasant Community Centre 1 Kingsway, Vancouver	<b>SUNSET - 604-718-6505</b> Sunset Community Centre 6810 Main Street, Vancouver
<b>VPL - 604-331-3603</b> Central Library, Room 916 350 W Georgia St, Vancouver	<b>Hillcrest - 604- 257-8680</b> 4575 Clancy Loranger Way, Vancouver
<b>RENFREW - 604-257-8388</b> Renfrew Park Community Centre 2929 E 22 <sup>nd</sup> Avenue, Vancouver	

**All classes are FREE!**

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

Class dates and times listed may change.  
Please visit [www.vch.ca/oasis](http://www.vch.ca/oasis) for the most current version of this schedule.