

# North Shore In-Person Education Sessions

## Fall 2024

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

<p><b>CORE CLASSES</b></p> <p>Get the most important information for managing arthritis</p>	<b>Managing Hip/Knee Arthritis</b>		
	Tues Oct 8	10:00 - 12:00PM	DIAB
	Tues Nov 26	10:30 - 12:30PM	CAP
	Tues Dec 17	10:00 - 12:00PM	DIAB
	<b>Exercise &amp; Arthritis</b>		
	Tues Oct 15	10:00 - 12:00PM	DIAB
	Fri Nov 1	1:00 - 3:00PM	HOPE
	Tues Dec 3	10:00 - 12:00PM	DIAB
	Thurs Dec 5	10:30 - 12:30PM	CAP
	<b>Pain Management</b>		
	Tues Oct 22	10:00 - 12:30PM	DIAB
	Thurs Oct 24	2:00 - 4:00PM	WVLIB
	Tues Nov 19	1:00 – 3:00PM	HOPE
	Tues Dec 10	10:00 – 12:30PM	DIAB
	<b>Nutrition, Supplements &amp; Arthritis</b>		
Thurs Oct 17	2:00 - 4:00 PM	WVLIB	
Thurs Oct 31	1:00 - 3:30 PM	HOPE	
Thurs Nov 7	1:00 - 3:30 PM	CAP	
<p><b>JOINT-SPECIFIC CLASSES</b></p>	<b>Hand Arthritis</b>		
	Mon Nov 25	10:00 - 12:00PM	HOPE
	Mon Dec 16	10:30 - 12:30PM	CAP
	<b>Foot and Ankle Arthritis</b>		
	Tues Oct 22	10:00 -12:00PM	HOPE
	Wed Dec 4	10:00 - 12:00PM	SIL
	<b>Osteoarthritis of the Spine</b>		
	Mon Nov 4	10:00 - 12:00PM	HOPE
<b>Shoulder Arthritis</b>			
Returning in Winter 2025			

<b>ADDITIONAL CLASSES</b>  Taught by a Registered Nurse or Dietitian	<b>Mindful Eating 1 and 2 (Please attend Part 1 before Part 2)</b>		
	Tues Oct 29 <b>Part 1</b>	10:00 - 12:00 PM	DIAB
	Thurs Nov 21 <b>Part 1</b>	10:30 - 12:30 PM	CAP
	Tues Nov 5 <b>Part 2</b>	10:00 - 12:00 PM	DIAB
	Thurs Dec 12 <b>Part 2</b>	10:30 - 12:30 PM	CAP
	<b>Beverages</b>		
	Wed Nov 27	11:00 - 12:30 PM	HOPE
	<b>Sleep &amp; Stress</b>		
	Tues Oct 22	1:00 - 3:00PM	JOHN
	<b>Introduction to Meditation</b>		
Thurs Oct 24	10:30 - 11:30AM	CAP	
<b>Curious about Cannabis</b>			
Wed Nov 6	10:00 – 11:00AM	SIL	
<b>PRACTICAL SESSIONS</b>	<b>Pole Walking for Arthritis</b>		
	Mon Oct 7	1:00 - 2:30PM	SIL
	Wed Oct 9	12:30 - 2:00PM	JOHN
	Wed Nov 20	10:00 - 11:30AM	GAR
	Wed Dec 18	10:00 - 11:30AM	GAR

## REGISTRATION

Please call the appropriate location to register:

<b>DIAB - 604-875-4544</b> West Van. Com. Centre Diabetes Room – 2 <sup>nd</sup> Floor 2121 Marine Drive, West Van.	<b>GAR - 604-875-4544</b> West Van. Com. Centre Garden Room - Main Floor 2121 Marine Drive, West Van.
<b>HOPE - 604-875-4544</b> 2 <sup>nd</sup> floor, Hope Centre 1337 St Andrews Ave, North Van	<b>JOHN – 604-875-4544</b> John Braithway Community Centre 145 West 1 <sup>st</sup> Street North Vancouver
<b>CAP – 604-987-4471</b> Capilano Library 3045 Highland Blvd., North Van.	<b>SIL - 604-980-2474</b> Silver Harbour Centre 144 22 <sup>nd</sup> St E, North Van.
<b>WVLIB – 604-925-7400</b> West Van. Memorial Library 1950 Marine Drive W, West Van	

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.