

Vancouver In-Person Education Sessions

Winter 2025

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

<p>CORE CLASSES</p> <p>Get the most important information for managing arthritis</p>	Managing Hip/Knee Arthritis		
	Tues Jan 14	1:00 -3:00PM	MTPLEASANT
	Wed Jan 22	9:30 -11:30AM	CREEK
	Thurs Jan 23	1:00 – 3:00PM	KILLARNEY
	Mon Feb 3	10:00 – 12:00PM	MPAC
	Tues Feb 11	10:00 -12:00PM	HASTINGS
	Fri Mar 7	10:00 -12:00PM	MPAC
	Tues April 14	10:00 -12:00PM	MPAC
	Exercise & Arthritis		
	Wed Jan 15	9:30 – 11:30PM	CREEK
	Tues Jan 21	1:00 – 3:00PM	MTPLEASANT
	Tues Jan 28	10:00 – 12:00PM	HASTINGS
	Thurs Jan 30	1:00 – 3:00PM	KILLARNEY
	Wed Feb 26	10:00 – 12:00PM	MPAC
	Mon Mar 10	10:00 – 12:00PM	MPAC
	Wed Apr 9	10:00 – 12:00PM	MPAC
	Pain Management		
	Thurs Jan 23	1:00 – 3:30PM	MPAC
	Wed Jan 29	0930 – 11:00AM	CREEK
	Tues Feb 4	1:00 – 3:00PM	MTPLEASANT
Thurs Feb 6	1:00 – 3:00PM	KILLARNEY	
Thurs Feb 13	10:00 – 12:30PM	MPAC	
Thurs Feb 13	2:00 – 4:00PM	VPL	
Tues Feb 25	10:00 – 12:00PM	HASTINGS	
Thurs Mar 13	1:00 – 3:30PM	MPAC	
Thurs Apr 17	1:00 – 3:30PM	MPAC	
Nutrition, Supplements & Arthritis			
Tues Jan 21	10:00-12:30PM	HASTINGS	
Tues Jan 28	1:00-3:30PM	MTPLEASANT	
Thurs Feb 13	1:00-3:30PM	KILLARNEY	
Wed Feb 26	9:30-12:00PM	CREEKSIDE	
Wed Mar 26	3:00 -5:30PM	MPAC	
<p>JOINT-SPECIFIC CLASSES</p>	Hand Arthritis		
	Thurs Jan 9	10:00 – 12:00PM	MPAC
	Tues Feb 4	10:00 – 12:00PM	HASTINGS
	Thurs Feb 20	1:00 – 3:00PM	KILLARNEY
	Wed Mar 5	9:30 – 11:30AM	CREEKSIDE
	Wed Apr 2	10:00 – 12:00PM	MPAC

	Foot and Ankle Arthritis		
	Tues Mar 4	1:00 – 3:00PM	MTPLEASANT
	Wed Apr 30	10:00 – 12:00PM	MPAC
	Osteoarthritis of the Spine		
	Tues Jan 7	10:00 – 12:00PM	MPAC
	Wed Feb 19	9:30 – 11:30AM	CREEKSIDE
	Tues Apr 1	1:00 – 3:00PM	MPAC
	Shoulder Arthritis		
	Wed Jan 22	10:00 – 12:00PM	MPAC
	Tues Feb 25	1:00 – 3:00 PM	MTPLEASANT
Wed Mar 12	10:00 – 12:00PM	MPAC	
Thurs Apr 3	10:00 – 12:00PM	SUNSET	
ADDITIONAL CLASSES Taught by a Registered Nurse or Dietitian	Sleep and Stress Management		
	Tues Jan 7	2:00 – 4:00PM	VPL
	Wed Feb 5	0930 – 11:30AM	CREEK
	Tues Feb 11	1:00 – 3:00PM	MTPLEASANT
	Thurs Feb 27	1:00 – 3:00PM	KILLARNEY
	Thurs April 24	1:00 – 3:00PM	MPAC
	Introduction to Meditation		
	Wed Feb 12	0930 – 1030AM	CREEK
	Tues Feb 18	1:00 – 2:00PM	MTPLEASANT
	Thurs April 10	10:00 – 11:00AM	MPAC
Curious About Cannabis			
Thurs Mar 13	2:00 – 3:00PM	VPL	
Thurs April 10	2:00 – 3:00PM	MPAC	
Mindful Eating			
Thurs Mar 6 (Part 1)	3:00 – 5:00PM	MPAC	
Thurs Mar 13 (Part2)	3:00 – 5:00PM	MPAC	
Beverages			
Tues Apr 15	2:00 – 3:30PM	MPAC	
PRACTICAL SESSIONS	Pole Walking for Arthritis		
	Tues Jan 14	10:00 – 11:30AM	CREEK
	Tues Feb 11	10:00 – 11:30AM	CREEK
	Tues Mar 4	10:00 – 11:30AM	HASTINGS
	Tues Mar 11	10:00 – 11;30AM	CREEK
	Fri Mar 14	10:00 – 11:30AM	RENFREW
	Tues Apr 8	10:00 – 11:30AM	CREEK

	Basic Hip and Knee Exercises	*Must attend "Exercise and Arthritis" as a prerequisite	
	Tues Jan 14	1:30 – 3:00PM	MPAC
	Wed Feb 5	10:00 – 11:30AM	MPAC
	Tues Feb 25	1:00 – 2:30PM	MPAC
	Mon Mar 31	10:00 – 11:30AM	MPAC
	Wed Apr 23	10:00 – 11:30AM	MPAC

****Registration Required – See below****

REGISTRATION

Please call the appropriate location to register:

CREEK – 604-257-3050 Creekside Community Centre 1 Athlete's Way, Vancouver	HASTINGS – 604-873-7000 Hastings Community Centre 3000 E Pender St, Vancouver
KILLARNEY – 604-718-8200 Killarney Comm. Centre 6260 Killarney St, Vancouver	MPAC - 604-875-4544 OASIS – Mary Pack Arthritis Centre 895 W 10th Ave, Vancouver
MTPLEASANT – 604-257-3080 Mount Pleasant Comm. Centre 1 Kingsway, Vancouver	RENFREW – 604-257-8388 Renfrew Park Community Centre 2929 East 22 nd Avenue, Vancouver
SUNSET - 604-718-6505 Sunset Community Centre 6810 Main St, Vancouver	VPL – 604-331-3603 Central Library, Room 916 350 W Georgia St, 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;
Telephone: 604-875-4544