

Vancouver In-Person Education Sessions

Nov – December 2025

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

CORE CLASSES Get the most important information for managing arthritis	Managing Hip/Knee Arthritis		LOCATION
	Mon Nov 3	10:00 -12:00PM	MARY PACK
	Mon Dec 1	10:00 -12:00PM	MARY PACK
	Exercise & Arthritis		
	Wed Nov 5	10:00 – 12:00PM	MARY PACK
	Mon Dec 8	1:00 – 3:00PM	MARY PACK
	Pain Management		
	Thurs Nov 13	1:00 - 3:30PM	MARY PACK
JOINT-SPECIFIC CLASSES	Weds Nov 26	10:00 – 12:00PM	HILL (#576158)
	Thurs Dec 11	1:00 – 3:30PM	MARY PACK
	Nutrition & Arthritis		
	Returning Jan 2026		
	Hand Arthritis		
	Mon Nov 17	10:00 – 12:00PM	MARY PACK
	Mon Dec 15	12:30 – 2:30PM	MARY PACK
	Foot and Ankle Arthritis		
ADDITIONAL CLASSES Taught by a Registered Nurse or Dietitian	Fri Nov 14	10:00 – 12:00PM	MARY PACK
	Osteoarthritis of the Spine		
	Tues Nov 18	10:00 – 12:00PM	MARY PACK
	Shoulder Arthritis		
	Wed Nov 26	2:00 – 4:00PM	MARY PACK
	Sleep and Stress Management		
	Dates to be determined		
	Introduction to Meditation		
	Dates to be determined		
	Curious About Cannabis		
	Thurs Nov 6	1:00-2:00PM	HASTINGS
	Supplements and Arthritis		
	Wed Nov 5	10:00 -12:00PM	HILL (#577718)

PRACTICAL SESSIONS	Mindful Eating		
	Thurs Nov 27 (Part 1)	3:00 – 5:00PM	MARY PACK
	Thurs Dec 4 (Part 2)	3:00 – 5:00PM	MARY PACK
	Beverages		
	Returning Jan 2026		
	Pole Walking for Arthritis		
	Tues Dec 9	10:00 – 11:30PM	CREEKSIDE
	Basic Hip and Knee Exercises	*Must attend “Exercise and Arthritis” as a prerequisite	
HIP AND KNEE REPLACEMENT SURGERY EDUCATION (~2-12 months prior to surgery)	Thurs Nov 27	9:30 – 11:00AM	MARY PACK
	Wed Dec 17	10:00 – 11:30AM	MARY PACK
	Early Preparation for Surgery		
	Thurs Nov 20	1:00 – 2:30PM	MARY PACK
	Fri Dec 12	10:00 – 12:00PM	MARY PACK

REGISTRATION

Please call the relevant location to register:

CREEKSIDE – 604-257-3050 Creekside Comm. Centre 1 Athlete’s Way, Vancouver	HASTINGS – 604-873-7000 Hastings Community Centre 3000 E Pender St, Vancouver
VPL – 604-331-3603 Central Library, Room 916 350 W Georgia St, Vancouver	MARY PACK - 604-875-4544 Room3, 3 rd floor Mary Pack Arthritis Centre 895 W 10th Ave, Vancouver
HILL – 604-257-8680 Hillcrest Community Centre 4575 Clancy Loranger Way, Van *note activity number beside class*	

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