

North Shore In-Person Education Sessions

Sept-Dec 2025

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

	Managing Hip/Knee Arthritis		LOCATION
CORE CLASSES Get the most important information for managing arthritis	Tues Sept 9	10:00 – 12:00PM	DIAB
	Wed Oct 1	10:00 – 12:00PM	SILVER
	Tues Oct 28	12:00 – 2:00PM	CAP
	Tues Nov 25	10:00 – 12:00PM	DIAB
	Fri Dec 5	10:00 – 12:00PM	HOPE
	Exercise & Arthritis		
	Mon Sept 8	10:00 – 12:00PM	HOPE
	Tues Sept 16	10:00 – 12:00PM	DIAB
	Fri Oct 31	10:00 – 12:00PM	HOPE
	Tues Dec 2	10:00 – 12:00PM	DIAB
	Pain Management		
	Thurs Oct 16	1:00 – 3:30PM	HOPE
	Wed Nov 5	10:00 – 12:30PM	SILVER
	Wed Nov 12	1:00 – 3:30PM	HOPE
	Tues Nov 18	10:00 – 12:30PM	DIAB
	Nutrition & Arthritis		
	Tues Oct 14	10:00 - 12:30PM	DIAB
	Thurs Oct 30	1:00 – 3:30PM	HOPE
JOINT-SPECIFIC CLASSES	Hand Arthritis		
	Tues Sept 23	10:00 – 12:00PM	DIAB
	Fri Oct 10	10:00 – 12:00PM	HOPE
	Tues Nov 4	10:00 - 12:00PM	DIAB
	Mon Dec 8	10:00 – 12:00PM	HOPE
	Foot and Ankle Arthritis		
	Fri Sept 5	10:00 – 12:00PM	HOPE
	Thurs Dec 18	10:00 – 12:00PM	HOPE
	Osteoarthritis of the Spine		
	Fri Oct 24	10:00 – 12:00PM	HOPE
	Tues Dec 16	10:00 – 12:00PM	DIAB
	Shoulder Arthritis		
	Tues Oct 21	10:00 – 12:00PM	DIAB
	Mon Dec 1	10:00 – 12:00PM	HOPE
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Class dates and times listed may change.

Please visit www.vch.ca/oasis for the most current version of this schedule.

ADDITIONAL CLASSES Taught by a Dietitian or Registered Nurse	Supplements & Arthritis		
	Mon Dec 1	1:00 – 3:00PM	HOPE
	Tues Dec 9	10:00 – 12:00PM	DIAB
	Beverages		
	Mon Dec 8	1:30 – 3:00PM	HOPE
	Sleep & Stress		
	Tue Oct 28	10:00 – 12:00PM	DIAB
PRACTICAL SESSIONS	Pole Walking for Arthritis		
	Wed Sept 17	10:00 – 11:30AM	GAR
	Wed Oct 15	10:00 – 11:30AM	GAR
	Wed Nov 19	10:00 – 11:30AM	GAR
	Wed Dec 17	10:00 – 11:30AM	GAR

HIP AND KNEE REPLACEMENT SURGERY EDUCATION (~2-12 months prior to surgery)	Early Preparation for Joint Replacement Surgery		
	Fri Sept 26	10:00 – 12:00PM	HOPE
	Fri Nov 21	10:00 – 12:00PM	HOPE

REGISTRATION

Please call the appropriate location to register:

CAP – 604-987-4471 Capilano Library 3045 Highland Blvd., North Van.	DIAB - 604-875-4544 West Van. Com. Centre Diabetes Room – 2nd Floor 2121 Marine Drive, West Van.
GAR - 604-875-4544 West Van. Com. Centre Garden Room - Main Floor 2121 Marine Drive, West Van.	HOPE - 604-875-4544 2nd floor, Hope Centre 1337 St Andrews Ave, North Van
SILVER - 604-980-2474 Silver Harbour Centre 144 22nd St E, North Van.	

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