

## Early Preparation for Surgery Webinars and In-person Classes

These classes are for people who are considering or preparing for hip or knee replacement surgery. Learn about ways to prepare for your surgery through exercise, managing your pain effectively and setting up your home.

### Webinar Schedule ([www.vch.ca/oasis](http://www.vch.ca/oasis))

- 1. Tues Nov 5<sup>th</sup>, 2024 10:00 - 11:30 AM Vancouver**  
Please register by clicking [HERE](#)
- 2. Wed Nov 27<sup>th</sup>, 2024 3:00 - 4:30 PM Vancouver**  
Please register by clicking [HERE](#)
- 3. Fri Dec 13<sup>th</sup>, 2024 10:00 – 11:30 AM Vancouver**  
Please register by clicking [HERE](#)

After registering, you will receive an email containing information about joining your appointment. Please note that you do not need to download Zoom in order to participate – the platform can be accessed through your web browser

### In-Person Schedule

To register (all locations), please call 604-875-4544. Class size is limited.

#### Vancouver – Mary Pack Arthritis Centre, 895 W 10th Ave, Room 3

1. Thurs Sept 12 2:00 – 4:00PM
2. Wed Oct 9 10:00 – 12:00PM
3. Tues Nov 12 1:00 – 3:00PM

#### North Shore – Hope Centre, LGH - 1337 St Andrews Ave, 2<sup>nd</sup> Floor

1. Mon Sept 9 10:00 – 12:00PM
2. Mon Nov 18 10:00 – 12:00PM

#### Richmond – Richmond Community Health Access Centre (CHAC) – 7671 Alderbridge Way, Bridgeport Room

1. Fri Oct 4 10:00 – 12:00PM
2. Tues Dec 10 10:00 - 12:00PM