



Arthritis Education Class Guide

July - December 2025

Registration is open to all - No referral required

Majority of our Mary Pack Arthritis Program classes are available online via Zoom currently. We offer various arthritis topics that are for everyone as well as a few specific to Inflammatory Arthritis (IA) and Osteoarthritis.

There are two types of Zoom formats:

1. Webinar: Audio or video participation not required. Registration confirmation email generated automatically.
2. Meeting: Audio or video participation is encouraged. Due to capacity limits, a registration confirmation email will be sent only if there is space available.

What will I need to participate in a virtual education class? - Computer/laptop or smartphone/tablet
 - Internet connection
 - Private space for conversation
 - Charged battery (if wireless)

If you live in the Victoria area and do not have access to the internet to attend virtual education classes, please contact the Victoria centre 250-598-2277 to discuss alternative options.

Please note: Registrants will be notified via email if class is cancelled.

Click on the [Class Name](#) or [OASIS](#) listed below to register. If you are having difficulty with online registration, please call Vancouver (604-875-4021) or Victoria (250-598-2277 Ext. "0") for assistance.

CLASS NAME	DESCRIPTION	Dates
Accessing Community Resources ZOOM MEETING	Learn about the community resources that you can access through the community, provincially and federally. Wednesday (930-11:30 am)	Sep 24
Biologics, Biosimilars, and Jak inhibitors (IA) ZOOM WEBINAR	Learn about the different types of advanced therapeutic medications, risks/benefits, and special considerations. Mondays (10:00-11:00 am)	Jul 21 Sep 15 Nov 17
Exercise and Arthritis	Learn principles of exercising with arthritis. See "Class schedule and registration" section from OASIS	Classes offered every month.

Fatigue Management ZOOM MEETING	Discuss factors that affect fatigue. Examine your daily activities and learn to conserve energy. Thursdays (11:00-12:00 pm)	Jul 24 Aug 28 Sep 25	Oct 23 Nov 27
Gardening with Arthritis	Learn tips and tricks to help improve gardening with arthritis. See “Class schedule and registration” section from OASIS		
Goals and Action Planning ZOOM MEETING	Learn how to create a successful action plan to manage your arthritis. Fridays (10:30-12:00 pm)	Jul 18 Aug 15 Sep 19	Oct 17 Nov 21 Dec 19
Joint Protection of Arms ZOOM MEETING	How to protect the joints in the arms and hands while performing everyday tasks. Tuesdays (10:30-12:00 pm)	Jul 8 Aug 12 Sep 9	Oct 14 Dec 9
Joint Protection of Legs ZOOM MEETING	How to protect the joints in the hips and knees while performing everyday tasks. Tuesdays (1:00-2:30 pm)	Jul 15 Aug 19 Sep 16	Oct 21 Nov 18 Dec 16
Life Adjustments with Arthritis ZOOM MEETING	Learn to live out a meaningful life by understanding arthritis and exploring personal needs. The group covers four major topics – arthritis and my life, understanding emotions, grief and fear, and “new normal” health management strategies. Wednesdays (0930-1130 am)	<u>2 Part Class</u> Part 1: <u>Oct 22</u> Part 2: <u>Oct 29</u>	
Managing Hip and Knee Arthritis	Learn about arthritis in these commonly affected joints, ways of managing without surgery and what happens if you need joint replacement surgery. See “Class schedule and registration” section from OASIS	Classes offered every month.	
<u>Managing Inflammatory Arthritis (2 Part series)</u>			
Learn how inflammatory arthritis affects the body, how it is diagnosed, what medications are used, how to do a body scan, and how to manage flares. Although attendance at both sessions is encouraged, it is not mandatory. ***Registration is required for each session**			
Part A: Understanding the Disease (IA) Zoom WEBINAR	Learn the basics about the disease process and medications prescribed for Rheumatoid Arthritis (RA), Psoriatic arthritis (PSA) and Ankylosing Spondylitis (AS). Mondays (1:00 – 2:30pm)	Aug 18 Oct 20 Dec 15	

Part B: Tools for Management (IA) Zoom WEBINAR	<p>Learn the purpose of a body scan and how to perform one, how to manage flares and apply modalities, and understand the role of exercise. Note: This class focuses on RA and PSA. For those with AS, please consider attending the “Managing Spondyloarthritis” class.</p> <p>Thursdays (1:30 – 3:00)</p>	<p>Aug 21 Oct 23 Dec 18</p>
Managing Spondyloarthritis (IA) Zoom WEBINAR	<p>Learn about Ankylosing Spondylitis and other inflammatory arthritis conditions involving the spine. <i>Please note:</i> this class is not for osteoarthritis, disc problems, or other back conditions.</p> <p>Tuesday or Thursday (5:30-7:30 pm)</p>	<p>Aug 7 Sep 9 Oct 23 Nov 25</p>
Nutrition, Supplements and Arthritis	<p>Learn about the impact of diet on arthritis, nutrients and supplements that can help and strategies for healthy eating.</p> <p>See “Class schedule and registration” section from OASIS</p>	<p>Classes offered every month.</p>
Pain Management	<p>Learn evidence-based strategies to manage arthritis pain so you can exercise, rest and manage everyday activities.</p> <p>See “Class schedule and registration” section from OASIS</p>	<p>Classes offered every month.</p>
<p><u>Prevention and Management of Osteoporosis (3 Part series)</u></p> <p>Bone Health is very important for people with rheumatic conditions. Learn how to build stronger bones with diet, exercise, lifestyle, and medication. Although attendance for all 3 sessions is encouraged, it is not mandatory</p> <p>***Registration is required for each session**</p>		
Part A: Osteoporosis Overview and Treatment Zoom WEBINAR	<p>Learn what is osteoporosis, the risk factors, diet, supplements and medications for it.</p> <p>Monday (2:00 - 3:00 pm)</p>	<p>Oct 20</p>
Part B: Prevention and Management with Exercise Zoom MEETING	<p>Learn the categories of osteoporosis, safety tips, effects and benefits of variety of different exercises, and the importance of good posture. Demonstration of sample exercises would be included.</p> <p>Wednesday (9:30-11:00 am)</p>	<p>Oct 22</p>
Part C: Managing Your Everyday Activities Zoom MEETING	<p>Learn about fall prevention, fatigue management and ways to manage everyday activities with greater ease and confidence.</p> <p>Friday (9:30-11:00 am)</p>	<p>Oct 24</p>

Sleep and Arthritis	<p>Learn about the health benefits of sleep, the relationship between sleep and stress, and strategies for improving your sleep and managing your stress.</p> <p>See “Class schedule and registration” section from OASIS</p>	Classes offered every month.
Spine Osteoarthritis	<p>Class focuses on specific strategies for management, including joint protection, exercise and pain management.</p> <p>See “Class schedule and registration” section from OASIS</p>	Classes offered every month.
Walking More Comfortably	<p>Learn about the benefits of walking with poles, specific features of different shoes, and other tips to improve your walking comfort.</p> <p>See “Class schedule and registration” section from OASIS</p>	Classes offered every month.

Additional classes from OASIS Regional

For more classes on Osteoarthritis please see the class list from our colleagues at OASIS.

See “Class schedule and registration” section from [OASIS](#)

If you are having difficulty with online registration or have questions please call (604) 875-4544.

