



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 Vancouver or Victoria area and do not have access to the internet to attend virtual education classes, please contact your local center to discuss alternative options:

Vancouver 604-875-4111 x 69218

Victoria 250-598-2277

If you are having difficulty with online registration please contact Vancouver (604-875-4021) OR Victoria (250-598-2277 Ext. "0") for assistance. Please note that your call may be re-directed.

Please note: Class may be cancelled due to lack of instructor or attendees. If this occurs, registrants will be notified via email.

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) **CLICK HERE to register**	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) **CLICK HERE to register**	Jul 21 Sep 15 Nov 17	
Exercise and Arthritis	Learn principles of exercising with arthritis. ** Click here for latest dates available for registration from OASIS ** See “Class schedule and registration” section.	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) **CLICK HERE to register**	Jul 24 Aug 28 Sep 25	Oct 23 Nov 27
Gardening with Arthritis	Learn tips and tricks to help improve gardening with arthritis. ** Click here for latest dates available for registration from OASIS ** See “Class schedule and registration” section.		
Goals and Action Planning ZOOM MEETING	Learn how to create a successful action plan to manage your arthritis. Fridays (10:30-12:00 pm) **CLICK HERE to register**	Jul 18 Aug 15 Sep 19	Oct 17 Nov 21 Dec 19

Joint Protection of Arms <i>ZOOM MEETING</i>	How to protect the joints in the arms and hands while performing everyday tasks. Tuesdays (10:30-12:00 pm) **CLICK HERE to register**	Jul 8 Aug 12 Sep 9	Oct 14 Dec 9
Joint Protection of Legs <i>ZOOM MEETING</i>	How to protect the joints in the hips and knees while performing everyday tasks. Tuesdays (1:00-2:30 pm) **CLICK HERE to register**	Jul 15 Aug 19 Sept 16	Oct 21 Nov 18 Dec 16
Life Adjustments with Arthritis <i>ZOOM MEETING</i>	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) ** Click HERE to register (2 Part Class) **	Part 1: Oct 22 Part 2: Oct 29	
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. ** Click here for latest dates available for registration from OASIS ** See “Class schedule and registration” section.	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) <i>Zoom WEBINAR</i>	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) **CLICK HERE to register **	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) **CLICK HERE to register**</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) **CLICK HERE to register**</p>	<p>Aug 7 Sep 9 Oct 23 Nov 23</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>** Click here for latest dates available for registration from OASIS ** See “Class schedule and registration” section.</p>	<p>Classes offered every month.</p>
Managing Hip and Knee Arthritis	<p>Learn about arthritis in these commonly affected joints, ways of managing without surgery and what happens if you need joint replacement surgery.</p> <p>** Click here for latest dates available for registration from OASIS ** See “Class schedule and registration” section.</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>** Click here for latest dates available for registration through OASIS ** See “Class schedule and registration” section.</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.</p> <p>Although attendance for all 3 sessions is encouraged, it is not mandatory ***Registration is required for each session**</p>		

Part A: Osteoporosis Overview and Treatment <i>Zoom WEBINAR</i>	Learn what is osteoporosis, the risk factors, diet, supplements and medications for it. Monday (2:00 - 3:00 pm) ** CLICK HERE to register**	Oct 20
Part B: Prevention and Management with Exercise <i>Zoom MEETING</i>	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. Wednesday (9:30-11:00 am) ** CLICK HERE to register**	Oct 22
Part C: Managing Your Everyday Activities <i>Zoom MEETING</i>	Learn about fall prevention, fatigue management and ways to manage everyday activities with greater ease and confidence. Friday (9:30-11:00 am) ** CLICK HERE to register**	Oct 24
Sleep and Arthritis	Learn about the health benefits of sleep, the relationship between sleep and stress, and strategies for improving your sleep and managing your stress. ** Click here for latest dates available for registration through OASIS ** See "Class schedule and registration" section.	Classes offered every month.
Spine Osteoarthritis	Class focuses on specific strategies for management, including joint protection, exercise and pain management. ** Click here for latest dates available for registration through OASIS ** See "Class schedule and registration" section.	Classes offered every month.
Walking More Comfortably	Learn about the benefits of walking with poles, specific features of different shoes, and other tips to improve your walking comfort. ** Click here for latest dates available for registration through OASIS ** See "Class schedule and registration" section.	Classes offered every month.

Additional classes from OASIS Regional

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

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

**** [Click here for latest dates available for registration](#) ****

See “Class schedule and registration” section.

