

Vancouver In-Person Education Sessions

May – August 2025

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

CORE CLASSES Get the most important information for managing arthritis	Managing Hip/Knee Arthritis		
	Mon May 12	10:00 – 12:00PM	MPAC
	Tues May 27	10:00 – 11:30AM	VPL
	Mon June 2	10:00 -12:00PM	MPAC
	Mon July 7	10:00 -12:00PM	MPAC
	Mon Aug 18	10:00 -12:00PM	MPAC
	Exercise & Arthritis		
	Tues May 13	1:00 – 3:00PM	MTPLEASANT
	Wed June 11	1:00 – 3:00PM	MPAC
	Tues July 15	10:00 – 12:00PM	MPAC
	Tues July 29	10:00 – 12:00PM	VPL
	Tues Aug 19	10:00 – 12:00PM	MPAC
	Pain Management		
	Thurs May 8	10:00 – 12:30PM	SUNSET
	Thurs May 15	1:00 – 3:30PM	MPAC
	Thurs June 12	1:00 – 3:30PM	MPAC
	Tues July 8	1:00 – 3:30PM	MPAC
	Thurs Aug 21	10:00 - 12:30PM	MPAC
	Nutrition, Supplements & Arthritis		
	Wed May 14	3:00 – 5:30PM	MPAC
Tues June 3	1:00 – 3:30PM	MTPLEASANT	
Thurs June 5	1:00 – 3:30PM	HASTING	
Tues July 22	2:00 – 4:30PM	MPAC	
Wed Aug 13	10:00-12:30PM	MPAC	
JOINT-SPECIFIC CLASSES	Hand Arthritis		
	Tues June 17	1:00 – 3:00PM	MPAC
	Wed July 23	10:00 – 12:00PM	MPAC
	Wed Aug 27	10:00 – 12:00PM	MPAC
	Foot and Ankle Arthritis		
	Fri July 18	10:00 – 12:00PM	MPAC
	Osteoarthritis of the Spine		
	Tues May 6	1:00 – 3:00pm	MT PLEASANT
	Thurs May 8	1:00 – 3:00PM	KILLARNEY
	Thurs May 22	10:00 – 12:00PM	SUNSET
Mon July 28	10:00 – 12:00PM	MPAC	

Apr 29

Class dates and times listed may change.

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

	Shoulder Arthritis		
	Thurs May 15	1:00 – 3:00 PM	KILLARNEY
	Tues June 10	10:00 – 12:00PM	MPAC
	Wed Aug 20	10:00 – 12:00PM	MPAC
ADDITIONAL CLASSES Taught by a Registered Nurse or Dietitian	Sleep and Stress Management		
	Thurs May 1	1:00 – 3:00PM	HASTINGS
	Thurs June 19	10:00 – 12:00PM	SUNSET
	Introduction to Meditation		
	Thurs May 8	2:00 – 3:00PM	HASTINGS
	Tues Aug 5	11:00 – 12:00PM	VPL
	Thurs Aug 21	2:00 – 3:00PM	KILLARNEY
	Curious About Cannabis		
	Tues May 27	1:00 – 2:00PM	MTPLEASANT
	Thurs Aug 28	1:00 – 2:00PM	KILLARNEY
	Mindful Eating		
	Fri June 13 (Part 1)	10:00 –12:00PM	RENFREW
	Fri June 20 (Part2)	10:00 –12:00PM	RENFREW
	Wed July 30 (Part 1)	2:30 – 4:30PM	MPAC
	Thurs Aug 7 (Part 2)	2:30 – 4:30PM	MPAC
Beverages			
Thurs May 22	1:00 – 2:30PM	KILLARNEY	
Wed June 4	3:00 – 4:30PM	MPAC	
PRACTICAL SESSIONS	Pole Walking for Arthritis		
	Thurs May 1	10:00 – 11:30AM	SUNSET
	Tues May 13	10:00 – 11:30AM	CREEK
	Thurs June 5	10:00 – 11:30AM	SUNSET
	Tues June 10	10:00 – 11:30AM	CREEK
	Thurs June 19	1:00 – 2:30PM	HASTINGS
	Tues July 8	10:00 – 11:30AM	CREEK
	Basic Hip and Knee Exercises		*Must attend “Exercise and Arthritis” as a prerequisite
	Tues May 27	1:30 – 3:00PM	MPAC
	Thurs June 19	1:00 – 2:30PM	MPAC
Thurs July 17	10:00 – 11:30AM	MPAC	
Wed Aug 13	1:30 – 3:00PM	MPAC	
HIP AND KNEE REPLACEMENT SURGERY EDUCATION (-2-12 months prior to surgery)	Early Preparation for Joint Replacement Surgery		
	Wed May 28	1:00 – 3:00 PM	MPAC
	Thurs June 26	10:00 – 12:00 PM	MPAC
	Thurs July 24	1:00 – 3:00 PM	MPAC
	Thurs Aug 28	10:00 – 12:00 PM	MPAC

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REGISTRATION

Please call the relevant location to register:

CREEK – 604-257-3050 Creekside Community Centre 1 Athlete's Way, Vancouver	HASTINGS – 604-873-7000 Hastings Community Centre 3000 E Pender St, Vancouver
KILLARNEY – 604-718-8200 Killarney Comm. Centre 6260 Killarney St, Vancouver	MPAC - 604-875-4544 OASIS – Mary Pack Arthritis Centre 895 W 10th Ave, Vancouver
MTPLEASANT – 604-257-3080 Mount Pleasant Comm. Centre 1 Kingsway, Vancouver	RENFREW – 604-257-8388 Renfrew Park Community Centre 2929 East 22 nd Avenue, Vancouver
SUNSET - 604-718-6505 Sunset Community Centre 6810 Main St, Vancouver	VPL – 604-331-3603 Central Library, Room 916 350 W Georgia St, Vancouver

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

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