

North Shore In-Person Education Sessions

July-August 2025

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

CORE CLASSES Get the most important information for managing arthritis	Managing Hip/Knee Arthritis		
	Mon Aug 25	10:00 – 12:00PM	HOPE
	Exercise & Arthritis		
	Tues July 22	10:30 – 12:30PM	HOPE
	Pain Management		
	Wed Aug 6	1:00 – 3:30PM	HOPE
	Tue Aug 19	10:00 – 12:30PM	DIAB
	Nutrition, Supplements & Arthritis		
	Thurs Aug 14	1:00 – 3:30PM	HOPE
JOINT-SPECIFIC CLASSES	Hand Arthritis		
	Returning Sept 2025		
	Foot and Ankle Arthritis		
	Returning Sept 2025		
	Osteoarthritis of the Spine		
	Tues Aug 26	10:00 – 12:00PM	DIAB
	Shoulder Arthritis		
	Fri Aug 15	10:30 – 12:00PM	HOPE
ADDITIONAL CLASSES Taught by a Dietitian or Registered Nurse	Mindful Eating 1 and 2 (Please attend Part 1 before Part 2)		
	Wed Aug 5 Part 1	10:00 – 12:00PM	DIAB
	Wed Aug 12 Part 2	10:00 – 12:00PM	DIAB
	Beverages		
	Thurs July 31	1:00 – 2:30PM	HOPE
	Pole Walking for Arthritis		
	Wed Aug 20	10:00 – 11:30AM	GAR

HIP AND KNEE REPLACEMENT SURGERY EDUCATION (~2-12 months prior to surgery)	Early Preparation for Joint Replacement Surgery		
	Returning Sept 2025		

July 30

Class dates and times listed may change.
 Please visit www.vch.ca/oasis for the most current version of this schedule.

REGISTRATION

Please call the appropriate location to register:

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	SIL - 604-980-2474 Silver Harbour Centre 144 22nd St E, North Van.

July 30

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