

Vancouver 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 18	10:00 -12:00PM	MPAC
	Exercise & Arthritis		
	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 Aug 21	10:00 - 12:30PM	MPAC
	Nutrition, Supplements & Arthritis		
JOINT-SPECIFIC CLASSES	Tues July 22	2:00 – 4:30PM	MPAC
	Wed Aug 13	10:00-12:30PM	MPAC
	Hand Arthritis		
	Wed July 23	10:00 – 12:00PM	MPAC
	Wed Aug 27	10:00 – 12:00PM	MPAC
	Foot and Ankle Arthritis		
	Returning Sept 2025		
	Osteoarthritis of the Spine		
ADDITIONAL CLASSES Taught by a Registered Nurse or Dietitian	Mon July 28	10:00 – 12:00PM	MPAC
	Shoulder Arthritis		
	Wed Aug 20	10:00 – 12:00PM	MPAC
	Sleep and Stress Management		
	Returning Sept 2025		
	Introduction to Meditation		
	Tues Aug 5	11:00 – 12:00PM	VPL
	Thurs Aug 21	2:00 – 3:00PM	KILLARNEY
	Curious About Cannabis		
	Thurs Aug 28	1:00 – 2:00PM	KILLARNEY
	Mindful Eating		
	Wed July 30 (Part 1)	2:30 – 4:30PM	MPAC
	Thurs Aug 7 (Part 2)	2:30 – 4:30PM	MPAC

July 15

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

PRACTICAL SESSIONS	Beverages		
	Returning Sept 2025		
	Pole Walking for Arthritis		
	Returning Sept 2025		
	Basic Hip and Knee Exercises	*Must attend "Exercise and Arthritis" as a prerequisite	
	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		
	Thurs July 24	1:00 – 3:00 PM	MPAC
	Thurs Aug 28	10:00 – 12:00 PM	MPAC

REGISTRATION

Please call the relevant location to register:

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
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

July 15

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