

Vancouver In-Person Education Sessions

Sept – December 2025

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

	Managing Hip/Knee Arthritis		LOCATION
CORE CLASSES Get the most important information for managing arthritis	Mon Sept 15	10:00 – 12:00PM	MARY PACK
	Fri Sept 19	10:00 – 12:00PM	RENFREW
	Mon Oct 6	10:00 – 12:00PM	MARY PACK
	Tues Oct 14	10:00 -12:00PM	POINT GREY
	Mon Nov 3	10:00 -12:00PM	MARY PACK
	Mon Dec 1	10:00 -12:00PM	MARY PACK
	Exercise & Arthritis		
	Wed Sept 17	10:00 – 12:00PM	MARY PACK
	Fri Oct 3	10:00 – 12:00PM	RENFREW
	Wed Oct 8	10:00 – 12:00PM	HILLCREST
	Wed Nov 5	10:00 – 12:00PM	MARY PACK
	Mon Dec 8	1:00 – 3:00PM	MARY PACK
	Pain Management		
	Thurs Sept 11	1:00 – 3:30PM	MARY PACK
	Tues Oct 7	10:00 – 12:30PM	POINT GREY
	Thurs Oct 9	1:00 – 3:30PM	MARY PACK
	Thurs Nov 13	1:00 - 3:30PM	MARY PACK
	Weds Nov 26	10:00 – 12:30PM	HILLCREST
	Thurs Dec 13	1:00 – 3:30PM	MARY PACK
	Nutrition & Arthritis		
	Wed Sept 3	3:00 – 5:00PM	MPAC
	Wed Oct 15	10:00 -12:00PM	HILLCREST
JOINT-SPECIFIC CLASSES	Hand Arthritis		
	Tues Sept 23	10:00 – 12:00PM	POINT GREY
	Wed Oct 22	10:00 – 12:00PM	HILLCREST
	Mon Nov 17	10:00 – 12:00PM	MARY PACK
	Tues Nov 25	12:00 – 1:30PM	TROUT LAKE
	Wed Dec 3	10:00 – 12:00PM	MARY PACK
	Foot and Ankle Arthritis		
	Mon Sept 8	10:00 – 12:00PM	MARY PACK
	Tues Oct 21	10:00 – 12:00PM	MARY PACK
	Osteoarthritis of the Spine		
	Tues Sept 2	10:00 – 12:00PM	MARY PACK
	Tues Nov 18	10:00 – 12:00PM	MARY PACK

Class dates and times listed may change.

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

30 July

	Shoulder Arthritis		LOCATION
	Tues Oct 7	10:00 – 12:00PM	MARY PACK
	Wed Nov 26	2:00 – 4:00PM	MARY PACK
ADDITIONAL CLASSES Taught by a Registered Nurse or Dietitian	Sleep and Stress Management		
	Tues Sept 2	2:00 – 4:00PM	VPL
	Introduction to Meditation		
	Dates to be finalized		
	Curious About Cannabis		
	Dates to be finalized		
	Tues Oct 7	4:00 -5:30PM	MARY PACK
	Wed Nov 5	10:00 -12:00PM	HILLCREST
	Mindful Eating		
	Thurs Sept4 (Part 1)	4:00 – 6:00PM	MARY PACK
	Thurs Sept 18 (Part2)	4:00 – 6:00PM	MARY PACK
	Thurs Nov 27 (Part 1)	3:00 – 5:00PM	MARY PACK
	Thurs Dec 4 (Part 2)	3:00 – 5:00PM	MARY PACK
	Beverages		
	Thurs Oct 23	2:00 – 3:30PM	MARY PACK
PRACTICAL SESSIONS	Pole Walking for Arthritis		
	Tues Sept 9	10:00 – 11:30AM	CREEKSID
	Tues Oct 14	10:00 – 11:30AM	CREEKSID
	Tues Nov 4	10:00 - 11:30AM	CREEKSID
	Tues Dec 9	10:00 – 11:30PM	CREEKSID
	Basic Hip and Knee Exercises		*Must attend “Exercise and Arthritis” as a prerequisite
	Wed Sept 10	1:30 – 3:00PM	MARY PACK
	Wed Sept 24	10:00 – 11:30AM	MARY PACK
	Thurs Oct 9	10:00 – 11:30AM	MARY PACK
	Mon Oct 27	1:30 – 3:00PM	MARY PACK
	Thurs Nov 13	10:00 – 11:30AM	MARY PACK
	Thurs Nov 27	9:30 – 11:00AM	MARY PACK
	Wed Dec 17	10:00 – 11:30AM	MARY PACK
HIP AND KNEE REPLACEMENT SURGERY EDUCATION (~2-12 months prior to surgery)	Early Preparation for Joint Replacement Surgery		
	Thurs Oct 2	10:00 – 12:00PM	MARY PACK
	Wed Oct 29	10:00 – 12:00PM	HILLCREST
	Thurs Nov 20	1:00 – 2:30PM	MARY PACK
	Fri Dec 12	10:00 – 12:00PM	MARY PACK

REGISTRATION

Please call the relevant location to register:

CREEKSIDE – 604-257-3050 Creekside Comm. Centre 1 Athlete's Way, Vancouver	HASTINGS – 604-873-7000 Hastings Community Centre 3000 E Pender St, Vancouver
VPL – 604-331-3603 Central Library, Room 916 350 W Georgia St, Vancouver	MARY PACK - 604-875-4544 Room3, 3 rd floor Mary Pack Arthritis Centre 895 W 10th Ave, Vancouver
POINT GREY – 604-257-8140 West Point Grey Comm. Centre 4397 W 2 nd Ave, Vancouver	RENFREW – 604-257-8388 Renfrew Park Community Centre 2929 East 22 nd Avenue, Vancouver
HILLCREST – 604-257-8680 Hillcrest Community Centre 4575 Clancy Loranger Way, Van	

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