

# North Shore In-Person Education Sessions

## Sept-Dec 2025

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

|  | Managing Hip/Knee Arthritis        |                 | LOCATION |
|--|------------------------------------|-----------------|----------|
|  |                                    |                 |          |
| <b>CORE CLASSES</b><br><br>Get the most important information for managing arthritis | Tues Sept 9                        | 10:00 – 12:00PM | DIAB     |
|  | Wed Oct 1                          | 10:00 – 12:00PM | SILVER   |
|  | Tues Oct 28                        | 12:00 – 2:00PM  | CAP      |
|  | Tues Nov 25                        | 10:00 – 12:00PM | DIAB     |
|  | Fri Dec 5                          | 10:00 – 12:00PM | HOPE     |
|  | <b>Exercise &amp; Arthritis</b>    |                 |          |
|  | Mon Sept 8                         | 10:00 – 12:00PM | HOPE     |
|  | Tues Sept 16                       | 10:00 – 12:00PM | DIAB     |
|  | Fri Oct 31                         | 10:00 – 12:00PM | HOPE     |
|  | Tues Dec 2                         | 10:00 – 12:00PM | DIAB     |
|  | <b>Pain Management</b>             |                 |          |
|  | Thurs Oct 16                       | 1:00 – 3:30PM   | HOPE     |
|  | Wed Nov 5                          | 10:00 – 12:30PM | SILVER   |
|  | Wed Nov 12                         | 1:00 – 3:30PM   | HOPE     |
|  | Tues Nov 18                        | 10:00 – 12:30PM | DIAB     |
|  | <b>Nutrition &amp; Arthritis</b>   |                 |          |
|  | Tues Oct 14                        | 10:00 - 12:30PM | DIAB     |
|  | Thurs Oct 30                       | 1:00 – 3:30PM   | HOPE     |
| <b>JOINT-SPECIFIC CLASSES</b>  | <b>Hand Arthritis</b>              |                 |          |
|  | Tues Sept 23                       | 10:00 – 12:00PM | DIAB     |
|  | Fri Oct 10                         | 10:00 – 12:00PM | HOPE     |
|  | Tues Nov 4                         | 10:00 - 12:00PM | DIAB     |
|  | Mon Dec 8                          | 10:00 – 12:00PM | HOPE     |
|  | <b>Foot and Ankle Arthritis</b>    |                 |          |
|  | Fri Sept 5                         | 10:00 – 12:00PM | HOPE     |
|  | Tues Oct 7                         | 10:00 – 12:00PM | DIAB     |
|  | Thurs Dec 18                       | 10:00 – 12:00PM | HOPE     |
|  | <b>Osteoarthritis of the Spine</b> |                 |          |
|  | Fri Oct 24                         | 10:00 – 12:00PM | HOPE     |
|  | Tues Dec 16                        | 10:00 – 12:00PM | DIAB     |
|  | <b>Shoulder Arthritis</b>          |                 |          |
|  | Tues Oct 21                        | 10:00 – 12:00PM | DIAB     |
|  | Mon Dec 1                          | 10:00 – 12:00PM | HOPE     |
|  | *Continued next page*              |                 |          |

July 30

Class dates and times listed may change.

Please visit [www.vch.ca/oasis](http://www.vch.ca/oasis) for the most current version of this schedule.

|   |                                    |                 |      |
|---|------------------------------------|-----------------|------|
| <b>ADDITIONAL CLASSES</b><br><br>Taught by a Dietitian or<br>Registered Nurse | <b>Supplements &amp; Arthritis</b> |                 |      |
|   | Mon Dec 1                          | 1:00 – 3:00PM   | HOPE |
|   | Tues Dec 9                         | 10:00 – 12:00PM | DIAB |
|   | <b>Beverages</b>                   |                 |      |
|   | Mon Dec 8                          | 1:30 – 3:00PM   | HOPE |
|   | <b>Sleep &amp; Stress</b>          |                 |      |
|   | Tue Oct 28                         | 10:00 – 12:00PM | DIAB |
| <b>PRACTICAL SESSIONS</b>   | <b>Introduction to Meditation</b>  |                 |      |
|   |                                    |                 |      |
|   | <b>Pole Walking for Arthritis</b>  |                 |      |
|   | Wed Sept 17                        | 10:00 – 11:30AM | GAR  |
|   | Wed Oct 15                         | 10:00 – 11:30AM | GAR  |
|   | Wed Nov 19                         | 10:00 – 11:30AM | GAR  |
|   | Wed Dec 17                         | 10:00 – 11:30AM | GAR  |

|  |  |                 |      |
|--|--|-----------------|------|
| <b>HIP AND KNEE<br/>REPLACEMENT<br/>SURGERY EDUCATION</b><br>(~2-12 months prior to surgery) | <b>Early Preparation for Joint Replacement Surgery</b> |                 |      |
|  | Fri Sept 26  | 10:00 – 12:00PM | HOPE |
|  | Fri Nov 21   | 10:00 – 12:00PM | HOPE |

## REGISTRATION

Please call the appropriate location to register:

|  |   |
|--|---|
| <b>DIAB - 604-875-4544</b><br><b>West Van. Com. Centre</b><br><b>Diabetes Room – 2<sup>nd</sup> Floor</b><br><b>2121 Marine Drive, West Van.</b> | <b>GAR - 604-875-4544</b><br><b>West Van. Com. Centre</b><br><b>Garden Room - Main Floor</b><br><b>2121 Marine Drive, West Van.</b> |
| <b>HOPE - 604-875-4544</b><br><b>2<sup>nd</sup> floor, Hope Centre</b><br><b>1337 St Andrews Ave, North Van</b>                                  | <b>SILVER - 604-980-2474</b><br><b>Silver Harbour Centre</b><br><b>144 22<sup>nd</sup> St E, North Van.</b>                         |

July 30

Class dates and times listed may change.  
Please visit [www.vch.ca/oasis](http://www.vch.ca/oasis) for the most current version of this schedule.