

Arthritis Education Classes

The Mary Pack Arthritis Program (MPAP) and the Osteoarthritis Service Integration System (OASIS) invite you to attend free education classes. Classes are organized by the type of arthritis you have: osteoarthritis (OA), inflammatory arthritis (IA), or OA and/or IA.

More Information

- OASIS services and community education classes: oasis.vch.ca
- Mary Pack programs and services: mpap.vch.ca/services/lower-mainland

Class Registration - Space is limited. You must register for each class you wish to attend.

- **OASIS** classes with an **(O)** – Please call 604.875.4544
- **Mary Pack** classes with an **(M)** – Please call 604.875.4021

Location - All classes listed are at the Mary Pack Arthritis Centre, 895 West 10th Avenue, Vancouver

Classes for People with Osteoarthritis		
Understanding Osteoarthritis	Learn about the signs and symptoms of osteoarthritis and how to protect your joints during your daily activities	(O)
Hand Osteoarthritis	Learn how to manage your hand pain, protect your joints and exercise	(O)
Foot/Ankle Osteoarthritis	Learn how to manage your foot/ankle pain, protect your joints and exercise	(O)
Classes for People with Inflammatory Arthritis (e.g., rheumatoid arthritis, psoriatic arthritis)		
Managing Inflammatory Arthritis (Set of 3 classes)	Learn how inflammatory arthritis is diagnosed, what medications are used, how to do a body scan and manage flares	(M)
Biologic Medications for Inflammatory Arthritis	Learn about the different types, when they are used, benefits, risks & what to remember when taking biologics	(M)

Classes for People with Osteoarthritis and/or Inflammatory Arthritis		
Steps to Managing Arthritis	Learn how doctors make a diagnosis, the pain cycle, how to build a healthcare team, and take control of your disease	(M)
Pain Management	Learn how to manage your pain using traditional and complementary methods	(O)
Managing Fatigue	Learn how fatigue relates to arthritis and how to manage it	(M)
Exercise & Arthritis	Learn how exercise can keep your joints healthy and reduce pain, and about the types of exercises you should do	(O)
Managing Activities (Arms/Hands)	Learn ways to manage activities that are difficult because of pain and/or stiffness in your hands, elbows, or shoulders	(M)
Managing Activities (Legs/Feet)	Learn ways to manage activities that are difficult because of pain and/or stiffness in your feet, knees, or hips	(M)
Nutrition & Supplements /Weight Control	Learn how weight affects arthritis, strategies for healthy eating, and nutrients and supplements that may help	(O)
Mindful Eating for Weight Control (Set of 2 classes)	Learn about behaviors, thoughts and emotions that affect eating - <i>Recommended prerequisite: Nutrition & Supplements / Weight Control</i>	(O)
Complementary Therapies	Learn online and community resources for finding complementary therapies that support your health and well-being	(M)
Preventing and Managing Osteoporosis	For people who have osteoporosis secondary to inflammatory arthritis, or who are at risk for developing osteoporosis	(M)
Sleep & Stress Management	Learn how sleep, stress and arthritis are related and how to manage them	(O)
Putting Stress Management into Practice (Set of 2 classes)	Guidance and support for putting stress management techniques into practice	(M)
Community Resources	Learn about disability pensions, subsidized housing, and other ways of saving money when you have a disability	(M)
Navigating the Healthcare System (Set of 2 classes)	Learn how to build a health care team that meets your needs, navigation do's and don'ts, and being an effective communicator	(M)
Managing Emotions (Set of 2 classes)	Review the types of loss associated with arthritis, common emotional reactions, signs and symptoms of depression, and coping strategies	(M)