

## Arthritis Education Class Guide

The Mary Pack Arthritis Program and the OASIS Program offer the following free education classes which you are invited to attend. Classes are organized by the type of arthritis you have: Inflammatory arthritis or osteoarthritis.

### To register, please call 604.875.4021

- As space is limited, you must register for (or cancel) each class you wish to attend.
- Some sessions are offered in the community. Please contact the community center directly to register for these classes.
- Class schedule may be subject to change. You will be contacted directly if this happens to a class you are registered for.

Unless otherwise indicated, classes will be held at:  
Mary Pack Arthritis Centre  
895 West 10th Ave, Vancouver

### Classes for People with Inflammatory Arthritis and/or Osteoarthritis

**Pain Management** – Learn how to manage your pain using traditional and complementary methods. This class is presented in a large classroom setting.

Tue	Jul 16	04:00 to 06:30PM	Room 3 - 3rd floor
Thu	Aug 15, Oct 17	10:00 to 12:30PM	Room 3 - 3rd floor
Tue	Sep 17, Nov 26	10:00 to 12:30PM	Room 3 - 3rd floor
Tue	Dec 17	04:30 to 07:00PM	Room 3 - 3rd floor

**Exercise & Arthritis** – Learn how exercise can keep your joints healthy and reduce pain, and about the types of exercises you should do.

Tue	Aug 6, Sep 10, Oct 1, Oct 29	10:00 to 12:00PM	Room 3 - 3rd floor
Thu	Nov 21	04:30 to 06:30PM	Room 3 - 3rd floor
Fri	Dec 6	10:00 to 12:00PM	Room 3 - 3rd floor

**Managing Activities: (Arms/Hands)** – Learn ways to manage activities that are difficult because of pain and/or stiffness in your hands, elbows, or shoulders. This class consists of small group work to learn and practice specific techniques. If you have osteoarthritis, consider attending the classroom session “Managing Hand osteoarthritis” first.

Tue	Oct 8, Nov 5, Dec 3	1:15 - 2:45pm	1 <sup>st</sup> Floor, Occupational therapy. Check in at main reception
Fri	Sept 13	1:15 - 2:45pm	1 <sup>st</sup> Floor, Occupational therapy. Check in at main reception

**Managing Activities: (Legs/Feet)** – Learn ways to manage activities that are difficult because of pain and/or stiffness in your feet, knees, or hips. This class consists of small group work to learn and practice specific techniques. If you have osteoarthritis, consider attending the classroom session “Managing Foot/Ankle osteoarthritis” first.

Tue	Oct 15, Nov12, Dec 10	1:15 - 2:45pm	1 <sup>st</sup> Floor, Occupational therapy. Check in at main reception
Fri	Sept 20	1:15 - 2:45pm	1 <sup>st</sup> Floor, Occupational therapy. Check in at main reception

**Sleep & Stress Management** – Learn how sleep, stress, and arthritis are related and how to manage them. This class is presented in a large classroom setting.

Wed	Sep 4	10:00 to 12:30PM	Room 3 - 3rd floor
Thu	Oct 24	10:00 to 12:30PM	Room 3 - 3rd floor
Wed	Nov 6	10:00 to 12:00PM	Killarney Community Centre
Tue	Dec 3	10:00 to 12:30PM	Room 3 - 3rd floor

**Strategies for Making Sustainable Change (2 part class)** – This small group provides guidance and support for putting stress management techniques into practice. Consider taking the “Sleep and Stress management” course first.

Wed	Part I: Dec 4	10:00 – 12:00pm	Room 3 - 3rd floor
	Part 2: Dec 11	10:00 – 12:00pm	2 <sup>nd</sup> Floor Mountain View Room

**Managing Emotions (2 part class)** – Review the types of loss associated with arthritis, common emotional reactions, signs and symptoms of depression, and coping strategies. This class consists of small group work in a sharing environment. Consider taking the “Strategies for Making Sustainable Change” course first.

Thu	Part I: Nov 14	Part 2: Nov 21	10:00 – 12:00pm	2 <sup>nd</sup> Floor, Mountain View Room
-----	----------------	----------------	-----------------	---

**Managing Fatigue** – In a small group environment, learn how fatigue relates to arthritis and how to manage it.

Wed	Oct 9, Oct 30, Nov27	1:30 - 3:30pm	Room 3 - 3rd floor
-----	----------------------	---------------	--------------------

**Nutrition, Supplements, and Arthritis** – In a large classroom setting, learn how weight affects arthritis, strategies for healthy eating, and about nutrients and supplements.

Thu	Aug 1, Sep 5, Dec 19	10:00 to 12:30PM	Room 3 - 3rd floor
Thu	Oct 10	04:30 to 07:00PM	Room 3 - 3rd floor

**Mindful Eating for Health (2 part class)** - Do you struggle with behaviors, thoughts and emotions around food and eating? Learn how to eat better by improving your relationship with food and eating. Prior to this class please consider taking: Nutrition, Supplements and Arthritis. This class is taught in a large classroom setting by a dietician.

	Part I: Thu, Aug 8	Part 2: Tue, Aug 13	10:00 to 12:00PM	Room 3 - 3rd floor
	Part I: Thu, Sep 12	Part 2: Thu, Sep 19	10:00 to 12:00PM	Room 3 - 3rd floor
	Part I: Tue, Nov 19	Part 2: Tue, Dec 10	04:30 to 06:30PM	Room 3 - 3rd floor

**Preventing & Managing Osteoporosis** – Learn about managing osteoporosis. For people who have or who are at risk for developing osteoporosis.

Wed	Oct 23, Nov 20	10:00 – 12:30pm	Room 3 - 3rd floor
-----	----------------	-----------------	--------------------

**Community Resources** – Learn about disability pensions, subsidized housing, and other ways of saving money when you have a disability.

Wed	Oct 2	10:00 – 12:00pm	Room 3 - 3rd floor
-----	-------	-----------------	--------------------

**Navigating the Healthcare System (2 part class)** – Learn how to build a health care team that meets your needs, navigation do's and don'ts, and about being an effective communicator.

Thu	Part I: Oct 3	Part 2: Oct 10	10:00 – 12:00pm	Room 3 - 3rd floor
-----	---------------	----------------	-----------------	--------------------

**Complementary Therapies** – Learn about online and community resources for finding complementary therapies that support your health and well-being.

Wed	Sept 25, Nov 27	10:00 – 12:30pm	Room 3 - 3rd floor
-----	-----------------	-----------------	--------------------

### Classes for People with Inflammatory Arthritis

**Biologic Medications for Inflammatory Arthritis** – Learn about the different types of medications, when they are used, benefits, risks and what to remember when taking biologics.

Wed	Sept 18, Nov 6	10:00 – 12:00pm	Room 3 - 3rd floor
-----	----------------	-----------------	--------------------

**Managing Inflammatory Arthritis (3 part class)** – Learn how Ankylosing Spondylitis, Rheumatoid Arthritis, and Psoriatic Arthritis are diagnosed, what medications are used, how to do a body scan, and how to manage flares. People with Ankylosing Spondylitis may prefer to only attend the first class.

Fri	Part 1: Sep 13	10:00 – 12:30pm	Part 1&2 Room 3 - 3rd floor
Wed	Part 2-3: Sep 18 *Sep 25	1:00-2:30 pm	Part 3* 1st Floor, Physio Dept. check in at reception
Wed	Part 1-3: Oct 30 Nov 6 *Nov 20		

## Classes for People with Osteoarthritis

**Managing Hip/Knee Osteoarthritis** – Learn how to manage your hip/knee pain, protect your joints, and exercise safely. This is presented in a large classroom setting.

Thu	Aug 15, Nov 14	04:30 to 06:30PM	Room 3 - 3rd floor
Thu	Aug 29, Oct 31, Nov 28	10:00 to 12:00PM	Room 3 - 3rd floor
Tue	Sep 17, Oct 15	04:30 to 06:30PM	Room 3 - 3rd floor
Fri	Oct 4	10:00 to 12:00PM	Room 3 - 3rd floor
Wed	Oct 30	10:00 to 12:00PM	Killarney Community Centre
Mon	Dec 9	10:00 to 12:00PM	Room 3 - 3rd floor
Wed	Dec 18	10:00 to 12:00PM	Room 3 - 3rd floor

**Managing Foot/Ankle Osteoarthritis** – Learn how to manage your foot/ankle pain, protect your joints, and exercise safely. This is presented in a large classroom setting.

Thu	Sep 5	04:30 to 06:30PM	Room 3 - 3rd floor
Wed	Oct 16	10:00 to 12:00PM	Room 3 - 3rd floor
Thu	Dec 5	10:00 to 12:00PM	Room 3 - 3rd floor

**Managing Hand Osteoarthritis** – Learn how to manage your hand pain, protect your joints, and exercise safely. This is presented in a large classroom setting.

Tue	Aug 20, Dec 3	04:30 to 06:30PM	Room 3 - 3rd floor
Thu	Sep 26	10:00 to 12:00PM	Room 3 - 3rd floor
Fri	Oct 18	10:00 to 12:00PM	Room 3 - 3rd floor
Wed	Oct 23	10:00 to 12:00PM	Killarney Community Centre
Tue	Nov 12	10:00 to 12:00PM	Room 3 - 3rd floor

**Pole Walking** – Learn about the benefits of walking poles and then try them out. \*

**Registration for these classes is through the Community Centre directly.**

Thu	Sep 5	09:30 to 11:00AM	Creekside Community Centre
Tue	Oct 15	12:00 to 01:30PM	False Creek Community Centre
Wed	Oct 30	09:30 to 11:00AM	West Point Grey Community Centre
Thu	Nov 7	09:30 to 11:00AM	Creekside Community Centre
Fri	Nov 15	10:30 to 12:00PM	Renfrew Park Community Centre

Community Centre Locations	Address	Telephone #
Creekside Community Centre	1 Athletes Way, Vancouver	604-257-3050
False Creek Community Centre	1318 Cartwright St, Vancouver	604-257-8195
Killarney Community Centre	6260 Killarney Street, Vancouver	604-718-8200
Renfrew Park Community Centre	2929 East 22nd Ave, Vancouver	604-257-8388
West Point Grey Community Centre	4397 West 2nd Ave, Vancouver	604-257-8140

**It's Free!** For more information, go to our websites:  
[mpap.vch.ca/services/lower-mainland](http://mpap.vch.ca/services/lower-mainland)  
[oasis.vch.ca](http://oasis.vch.ca)