



# Arthritis Education Class Guide

## Winter/Spring 2021

In light of the ongoing pandemic, the Mary Pack Arthritis Program has suspended all in person classes until further notice. We are now able to offer many of our classes online via ZOOM.

Our online classes are based out of both our Vancouver and Victoria locations.  
Registration is open to all, no referral required

### What will I need to participate in a virtual education class?

- Computer/laptop or smartphone/tablet
- Charged battery (if wireless)
- Private space for conversation
- Internet connection

### VICTORIA based classes for people with Inflammatory Arthritis or Osteoarthritis

Please **click on the link below to register**. Capacity is limited, you will receive an email once your registration is confirmed. If you are having difficulty with online registration, please call (250) 598-2277 Ext. 0

Class name	Description	Dates	
<b><u>Osteoarthritis</u></b>	Learn what osteoarthritis is and how it affects the body. Discuss treatment and management Tuesdays (10:30-12:00 pm) <a href="#">**CLICK HERE to register**</a>	Jan 5 Feb 2 Mar 2	Apr 6 May 4 June 1
<b><u>Inflammatory Arthritis</u></b>	Learn about the different types inflammatory arthritis, treatment, and tools for management Thursdays (1:30-3:30 pm) <a href="#">**CLICK HERE to register**</a>	Jan 21 Mar 18 May 20	
<b><u>Joint Protection of Arms</u></b>	How to protect the joints in the arms and hands while performing everyday tasks Tuesdays (10:30-12:00 pm) <a href="#">**CLICK HERE to register**</a>	Jan 12 Feb 9 Mar 9	Apr 13 May 11 June 8
<b><u>Joint Protection of Legs</u></b>	How to protect the joints in the hips and knees while performing everyday tasks Tuesdays (1:00-2:30 pm) <a href="#">**CLICK HERE to register**</a>	Jan 19 Feb 16 Mar 16	Apr 20 May 18 June 15

<b><u>Exercise and Arthritis</u></b>	Learn principles of exercising with arthritis. Note: No <i>specific</i> exercises are taught Fridays (10:30-12:00 pm) <a href="#">**CLICK HERE to register**</a>	Jan 29 Feb 26 Mar 26	Apr 30 May 28 Jun 25
<b><u>Sleep and Arthritis</u></b>	Learn ways to better manage sleep Thursdays (11:00-12:00 pm) <a href="#">**CLICK HERE to register**</a>	Feb 11 Mar 11 Apr 8	May 13 June 10
<b><u>Spine series</u></b> (3 part series)	<b>Please note:</b> our Spine classes occur as a series. Attendance at all sessions is strongly encouraged, but not required		
<b>Spine A</b>	<b><u>Anatomy:</u></b> Basic spine anatomy and the effects of arthritis on your back Fridays (10:30-12:00 pm) <a href="#">**CLICK HERE to register**</a>	Jan 8 Feb 5 Mar 5	Apr 9 May 7 June 4
<b>Spine B</b>	<b><u>Joint Protection:</u></b> How to protect your neck and back during everyday activities Fridays (10:30-12:00 pm) <a href="#">**CLICK HERE to register**</a>	Jan 15 Feb 12 Mar 12	Apr 16 May 14 June 11
<b>Spine C</b>	<b><u>Self-Management:</u></b> Discuss treatments and self-management to maintain the function of your spine Fridays (10:30-12:00 pm) <a href="#">**CLICK HERE to register**</a>	Jan 22 Feb 19 Mar 19	Apr 23 May 21 June 18
<b><u>Fatigue Management</u></b>	Discuss factors that affect fatigue. Examine your daily activities and learn to conserve energy Thursdays (10:30-12:00 pm) <a href="#">**CLICK HERE to register**</a>	Jan 28 Feb 25 Mar 25	Apr 22 May 27 Jun 24
<b><u>Pain series:</u></b> (2 part series)	<b>Please note:</b> our pain classes occur as a series. Attendance at all sessions is strongly encouraged, but not required		
<b>Pain A</b>	<b><u>Understanding Pain:</u></b> Learn how pain travels from its source to the brain. Use this information to explore pain management strategies Mon days (10:30-12:00 pm) <a href="#">**CLICK HERE to register**</a>	Jan 18 Mar 15 Apr 19	May 17 Jun 21

<p><b>Pain B</b></p>	<p><b><u>Medication and symptom Management:</u></b> Learn about the use of medications (topical, oral, injectable) to manage symptoms of arthritis and improve quality of life</p> <p>Wednesdays (10:30-12:00 pm)</p> <p><a href="#">**CLICK HERE to register**</a></p>	<p>Jan 27 Feb 24 April 28</p>	<p>May 26 Jun 23</p>
<p><b><u>Gardening with Arthritis</u></b></p>	<p>Learn tips and tricks to help improve gardening with arthritis</p> <p>Thursday (1:30-3:30 pm) Wednesday (10:30-12pm)</p> <p><a href="#">**CLICK HERE to register**</a></p>	<p>March 4 April 21</p>	
<p><b><u>Walking More Comfortably</u></b></p>	<p>Learn about specific features of different shoes and other tips to improve your walking comfort</p> <p>Thursdays (2:00-3:30 pm)</p> <p><a href="#">**CLICK HERE to register**</a></p>	<p>Feb 18</p>	

**VANCOUVER based classes for people with Inflammatory Arthritis**

Please **click on the link below to register** You will receive an email with a link to join the session. If you are having difficulty with online registration, please call (604) 875-4021

<i>Class Name</i>	<i>Description</i>	<i>Dates</i>
<p><b><u>Managing Inflammatory Arthritis</u></b> <b>(4 part webinar series)</b></p>	<p>Learn how inflammatory arthritis (mainly Rheumatoid Arthritis and Psoriatic Arthritis) affects the body, how it is diagnosed, what medications are used, how to do a body scan, and how to manage flares. Part 1 + 2 are taught by a rheumatology RN, part 3 + 4 are taught by a physiotherapist. Although attendance at all 4 sessions is encouraged, it is not mandatory</p> <p><b>***Registration is required for each session**</b></p>	
<p><b>Inflammatory Arthritis- Part 1</b></p>	<p><b><u>Understanding the Disease</u></b> Learn the basics about the pathophysiology of rheumatoid arthritis and psoriatic arthritis</p> <p>Mondays (1:30-2:30 pm)</p> <p><a href="#">**CLICK HERE to register**</a></p>	<p>Feb 22 Apr 19 June 14</p>

<p><b>Inflammatory Arthritis- Part 2</b></p>	<p><b><u>Understanding the Medications</u></b> Brief overview of common medications used in rheumatic disease  Thursdays (1:30-2:30 pm) <a href="#">**CLICK HERE to register**</a></p>	<p>Feb 25 Apr 22 June 17</p>
<p><b>Inflammatory Arthritis- Part 3</b></p>	<p><b><u>Tools for Management, session 1</u></b> Learn the purpose of a body scan and how to perform one; other systems and structures involved in inflammatory arthritis; and review electronic and written health diaries to track your symptoms  Tuesdays (1:30-2:30 pm) <a href="#">**CLICK HERE to register**</a></p>	<p>Mar 2 Apr 27 June 22</p>
<p><b>Inflammatory Arthritis- Part 4</b></p>	<p><b><u>Tools for Management, session 2</u></b> Learn about what a flare is and how to manage it; understand the purpose of cold or hot modalities and how to apply it; understand the role/different types of exercise; and learn how to perform range of motion exercises  Thursdays (1:30-2:30 pm) <a href="#">**CLICK HERE to register**</a></p>	<p>Mar 4 Apr 29 June 24</p>
<p><b><u>Biologics, Biosimilars, and Jak inhibitors</u></b></p>	<p>Learn about the different types of advanced therapeutic medications, risks/benefits, and special considerations  Mondays (10:00-11:00 am) <a href="#">**CLICK HERE to register**</a></p>	<p>Jan 25 Mar 22 May 10 Jul 5</p>
<p><b>Managing Spondyloarthritis</b></p>	<p>Learn about Ankylosing Spondylitis and other inflammatory arthritis conditions involving the spine. <i>Please note:</i> this class is not for osteoarthritis, disc problems, or other back conditions  5:30-7:30 pm <a href="#">**CLICK HERE to register**</a></p>	<p>Jan 14 Mar 30 May 20</p>

<p><b><u>Osteoporosis ( 2 Part series)</u></b></p>	<p>This class is meant for those with a diagnosed form of inflammatory arthritis who would like to learn about osteoporosis</p> <p><b>***Registration is required for each session**</b></p>	
<p><b><u>Part 1: Osteoporosis-Treatment, Management, and Prevention</u></b></p>	<p>Provided by a registered nurse discussing what osteoporosis is, the risk factors, diet/supplements, and medications</p> <p>Mondays (1:00-2:00 pm)</p> <p><b>** <a href="#">CLICK HERE to register**</a></b></p>	<p>February 1</p>
<p><b><u>Part 2: Prevention and Management of Osteoporosis with Exercise</u></b></p>	<p>Presented by a physiotherapist discussing the categories of osteoporosis, safety tips, effects and benefits of exercise, fall prevention, posture and demonstration of sample exercises</p> <p>Wednesdays (10:00-11:00 am)</p> <p><b>** <a href="#">CLICK HERE to register**</a></b></p>	<p>February 3</p>
<p><b>Note: For the Limited enrollment classes listed below, you will receive a confirmation email if there are spaces available.</b></p>		
<p><b>Navigating the Healthcare System</b> <b>(2 Part class)</b> <b>*Limited enrollment</b></p>	<p>Learn how to build a health care team that meets your needs, navigation do's and don'ts and about being an effective communicator.</p> <p>Wednesdays (10:00-12:00 pm) <b>* CLASS FULL *</b></p> <p><b>For WAITLIST, click on both links/dates to the Right → email confirmation will be sent if a spot opens up.</b></p>	<p><a href="#">Part 1: Apr 21</a> <a href="#">Part 2: Apr 28</a></p>
<p><b>Strategies for Making Sustainable Change (2 Part class)</b> <b>*Limited enrollment</b></p>	<p>This small group provides guidance and support for putting stress management techniques into practice.</p> <p>Consider taking: Sleep and Stress Management first (<a href="#">from OASIS Webinar Schedule</a>)</p> <p>Wednesdays (10:00-12:00 pm) <b>* CLASS FULL *</b></p> <p><b>For WAITLIST, click on both links/dates to the Right → email confirmation will be sent if a spot opens up.</b></p>	<p><a href="#">Part 1: May 19</a> <a href="#">Part 2: May 26</a></p>

<p><b>Managing Emotions</b> <b>(2 Part class)</b> <b>*Limited enrollment</b></p>	<p>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: Strategies for Making Sustainable Change first.</p> <p>Wednesdays (10:00-12:00 pm) <b>* CLASS FULL *</b></p> <p>For <b>WAITLIST</b>, <b>click on both links/dates to the Right</b> → email confirmation will be sent if a spot opens up.</p>	<p><a href="#">Part 1: Jun 16</a> <a href="#">Part 2: Jun 23</a></p>
<p><b>Community Resources</b> <b>*Limited enrollment</b></p>	<p>Learn about disability pensions, subsidized housing and other ways of saving money when you have a disability.</p> <p>Thursday (10:00-12:00 pm)</p> <p>To register: <b>click on link/date</b> to the Right →</p>	<p><a href="#">Jun 10</a></p>

**Additional classes based out of OASIS VANCOUVER**

**For more classes on Osteoarthritis please see the class list from our colleagues at OASIS.**

**[\\*\\*CLICK HERE\\*\\*](#) to learn more**

