



Arthritis Education Class Guide

Summer/Fall 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

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

Class Name	Description	Dates
<p><u>Managing Inflammatory Arthritis</u> (2 Part webinar series)</p>	<p>Learn how inflammatory arthritis affects the body, how it is diagnosed, what medications are used, how to do a body scan, and how to manage flares. Part A is taught by a registered nurse and Part B is taught by a physiotherapist.</p> <p>Although attendance at both sessions is encouraged, it is not mandatory.</p> <p>***Registration is required for each session**</p> <p><i>Please note: This class is presented in a webinar format. Audio/video participation is not required.</i></p>	
<p>Inflammatory Arthritis- Part A</p>	<p><u>Understanding the Disease:</u> Learn the basics about the disease process and medications prescribed for Rheumatoid Arthritis (RA), Psoriatic arthritis (PSA) and Ankylosing Spondylitis (AS).</p> <p>Mondays (1000-1130am)</p> <p><u>**CLICK HERE to register**</u></p>	<p>Oct 18</p> <p>Dec 13</p>

<p>Inflammatory Arthritis- Part B</p>	<p>Tools for Management: Learn the purpose of a body scan and how to perform one, how to manage flares and apply modalities, and understand the role of exercise. Note: This class focuses on RA and PSA. For those with AS, please consider attending the “Managing Spondyloarthritis” class.</p> <p>Thursdays (1000-1130am) **CLICK HERE to register**</p>	<p>Oct 21 Dec 16</p>
<p><u>Biologics, Biosimilars, and Jak inhibitors</u></p>	<p>Learn about the different types of advanced therapeutic medications, risks/benefits, and special considerations.</p> <p>Mondays (10:00-11:00 am) **CLICK HERE to register**</p>	<p>Jul 5 Sep 20 Nov 15</p>
<p><u>Prevention and Management of Osteoporosis</u> <u>(2 Part Series in June)</u> <u>(3 Part series Starting in Oct)</u></p>	<p>Bone Health is very important for people with rheumatic conditions. Learn how to build stronger bones with diet, exercise, lifestyle, and medication.</p> <ul style="list-style-type: none"> Note: Part C will be added on starting in October 2021 <p>***Registration is required for each session**</p>	
<p>Part A: Osteoporosis Overview and Treatment</p>	<p>Presented by a registered nurse on what is osteoporosis, risk factors, diet, supplements, and medications.</p> <p>Mondays (10:00-11:00 am) ** CLICK HERE to register**</p>	<p>Jun 28 Oct 25</p>
<p>Part B: Prevention and Management with Exercise</p>	<p>Presented by a physiotherapist discussing the categories of osteoporosis, safety tips, effects and benefits of variety of different exercises, and the importance of good posture. Demonstration of sample exercises would be included.</p> <p>Wednesdays (9:30-11:00 am) ** CLICK HERE to register**</p>	<p>Jun 30 Oct 27</p>
<p>Part C: Managing Your Everyday Activities (Starting Oct 2021)</p>	<p>Presented by an occupational therapist who will discuss fall prevention, fatigue management and ways to manage everyday activities with greater ease and confidence.</p> <p>Fridays (9:30-11:00 am) ** CLICK HERE to register**</p>	<p>Oct 29</p>

<p>Managing Spondyloarthritis</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.</p> <p>Tuesday or Thursday (5:30-7:30 pm) **CLICK HERE to register**</p>	<p>July 22 Sept 28</p>
<p>Note: For the Limited enrollment classes listed below, you will receive a confirmation email if there are spaces available.</p>		
<p>Community Resources *Limited enrollment</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) **CLICK HERE to register**</p>	<p>Nov 4</p>
<p>Navigating the Healthcare System (2 Part class) *Limited enrollment</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) To register: click on both links/dates to the Right →</p>	<p>Part 1: Sept 15 Part 2: Sept 22</p>
<p>Strategies for Making Sustainable Change (2 Part class) *Limited enrollment</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 (from OASIS Webinar Schedule)</p> <p>Wednesdays (10:00-12:00 pm) To register: click on both links/dates to the Right →</p>	<p>Part 1: Oct 20 Part 2: Oct 27</p>
<p>Managing Emotions (2 Part class) *Limited enrollment</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) To register: click on both links/dates to the Right →</p>	<p>Part 1: Nov 17 Part 2: Nov 24</p>

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	
<u>Osteoarthritis</u>	Learn what osteoarthritis is and how it affects the body. Discuss treatment and management. Tuesdays (10:30-12:00 pm) **CLICK HERE to register**	Jul 6 Aug 3 Sept 7	Oct 5 Nov 2 Dec 7
<u>Managing Inflammatory Arthritis</u> (2 part webinar series)	Learn how inflammatory arthritis affects the body, how it is diagnosed, what medications are used, how to do a body scan, and how to manage flares. Part A is taught by a registered nurse and Part B is taught by a physiotherapist. Please note: This class is interactive. Audio/Video participation is encouraged. ***Registration is required for each session**		
Inflammatory Arthritis- Part A	<u>Understanding the Disease:</u> Learn the basics about the disease process and medications prescribed for Rheumatoid Arthritis (RA), Psoriatic arthritis (PSA) and Ankylosing Spondylitis (AS). Thursdays (1:30-3:00 pm) **CLICK HERE to register**	Jul 15 Sept 16 Nov 18	
Inflammatory Arthritis- Part B	<u>Tools for Management:</u> Learn the purpose of a body scan and how to perform one, how to manage flares and apply modalities, and understand the role of exercise. Note: This class focuses on RA and PSA. For those with AS, please consider attending the “Managing Spondyloarthritis” class. Thursdays (1:30-3:00 pm) **CLICK HERE to register**	Jul 22 Sept 23 Nov 25	
<u>Joint Protection of Arms</u>	How to protect the joints in the arms and hands while performing everyday tasks. Tuesdays (10:30-12:00 pm) **CLICK HERE to register**	Jul 13 Aug 10 Sept 14	Oct 12 Nov 9 Dec 14

<p><u>Joint Protection of Legs</u></p>	<p>How to protect the joints in the hips and knees while performing everyday tasks. Tuesdays (1:00-2:30 pm) **CLICK HERE to register**</p>	<p>Jul 20 Aug 17 Sept 21</p>	<p>Oct 19 Nov 16 Dec 21</p>
<p><u>Exercise and Arthritis</u></p>	<p>Learn principles of exercising with arthritis. <i>Note: No specific exercises are taught.</i> Fridays (10:30-12:00 pm) **CLICK HERE to register**</p>	<p>Jul 23 Aug 27 Sept 24</p>	<p>Oct 22 Nov 26</p>
<p><u>Sleep and Arthritis</u></p>	<p>Learn ways to better manage sleep. Thursdays (11:00-12:00 pm) **CLICK HERE to register**</p>	<p>Jul 8 Aug 12 Sept 9</p>	<p>Oct 14 Dec 9</p>
<p><u>Spine series</u> (3 Part series)</p>	<p>Please note: our Spine classes occur as a series. Attendance at all sessions is strongly encouraged, but not required</p>		
<p>Spine A</p>	<p><u>Anatomy:</u> Basic spine anatomy and the effects of arthritis on your back. Fridays (10:30-12:00 pm) **CLICK HERE to register**</p>	<p>Jul 2 Aug 6 Sept 3</p>	<p>Oct 1 Nov 5 Dec 3</p>
<p>Spine B</p>	<p><u>Joint Protection:</u> How to protect your neck and back during everyday activities. Fridays (10:30-12:00 pm) **CLICK HERE to register**</p>	<p>Jul 9 Aug 13 Sept 10</p>	<p>Oct 8 Nov 12 Dec 10</p>
<p>Spine C</p>	<p><u>Self-Management:</u> Discuss treatments and self-management to maintain the function of your spine. Fridays (10:30-12:00 pm) **CLICK HERE to register**</p>	<p>Jul 16 Aug 20 Sept 17</p>	<p>Oct 15 Nov 19 Dec 17</p>
<p><u>Fatigue Management</u></p>	<p>Discuss factors that affect fatigue. Examine your daily activities and learn to conserve energy. Thursdays (10:30-12:00 pm) **CLICK HERE to register**</p>	<p>Jul 22 Aug 26 Sept 23</p>	<p>Oct 28 Nov 25</p>
<p><u>Pain series:</u> (2 part series)</p>	<p>Please note: our pain classes occur as a series. Attendance at all sessions is strongly encouraged, but not required</p>		

<p>Pain A</p>	<p><u>Understanding Pain:</u> Learn how pain travels from its source to the brain. Use this information to explore pain management strategies.</p> <p>Mondays (10:30-12:00 pm)</p> <p>**CLICK HERE to register**</p>	<p>Jul 19 Aug 16 Sept 20</p>	<p>Oct 18 Nov 15 Dec 20</p>
<p>Pain B</p>	<p><u>Medication and symptom Management:</u> 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>**CLICK HERE to register**</p>	<p>Aug 25 Sept 22</p>	<p>Oct 27 Nov 24</p>
<p><u>Gardening with Arthritis</u></p>	<p>Learn tips and tricks to help improve gardening with arthritis.</p> <p>Thursday (5:15-6:45pm) Friday (10:30-12:00pm)</p> <p>**CLICK HERE to register**</p>	<p>Sept 30 Oct 29</p>	
<p><u>Walking More Comfortably</u></p>	<p>Learn about specific features of different shoes and other tips to improve your walking comfort.</p> <p>Wednesday (10:30-12:00pm) Thursday (5:15-6:45pm) Thursday (10:30-12:00)</p> <p>**CLICK HERE to register**</p>	<p>Jul 21 Sept 16 Dec 2</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

