



Arthritis Education Class Guide

January – June 2022

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
- Private space for conversation
- Charged battery (if wireless)
- 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	
<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**	Jan 4 Feb 1 Mar 1	Apr 5 May 3 Jun 7
<u>Managing Inflammatory Arthritis</u> (2 part 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. ***Registration is required for each session** Please note: This class is interactive. Audio/Video participation is encouraged.		
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**	Jan 20 Mar 17 May 19	

<p>Inflammatory Arthritis- Part B</p>	<p><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.</p> <p>Note: This class focuses on RA and PSA. For those with AS, please consider attending the “Managing Spondyloarthritis” class.</p> <p>Thursdays (1:30-3:00 pm) **CLICK HERE to register**</p>	<p>Jan 27 Mar 24 May 26</p>	
<p><u>Joint Protection of Arms</u></p>	<p>How to protect the joints in the arms and hands while performing everyday tasks.</p> <p>Tuesdays (10:30-12:00 pm) **CLICK HERE to register**</p>	<p>Jan 11 Feb 8 Mar 8</p>	<p>Apr 12 May 10 Jun 14</p>
<p><u>Joint Protection of Legs</u></p>	<p>How to protect the joints in the hips and knees while performing everyday tasks.</p> <p>Tuesdays (1:00-2:30 pm) **CLICK HERE to register**</p>	<p>Jan 18 Feb 15 Mar 15</p>	<p>Apr 19 May 17 Jun 21</p>
<p><u>Exercise and Arthritis</u></p>	<p>Learn principles of exercising with arthritis. <i>Note: No specific exercises are taught.</i></p> <p>Fridays (10:30-12:00 pm) **CLICK HERE to register**</p>	<p>Jan 28 Feb 25 Mar 25</p>	<p>Apr 22 May 27 Jun 24</p>
<p><u>Sleep and Arthritis</u></p>	<p>Learn ways to better manage sleep.</p> <p>Thursdays (11:00-12:00 pm) **CLICK HERE to register**</p>	<p>Jan 13 Feb 10 Mar 10</p>	<p>Apr 14 May 12 Jun 9</p>
<p><u>Spine series</u> (2 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.</p> <p>Fridays (10:30-12:00 pm) **CLICK HERE to register**</p>	<p>Jan 7 Feb 4 Mar 4</p>	<p>Apr 1 May 6 Jun 3</p>
<p>Spine B</p>	<p><u>Joint Protection:</u> How to protect your neck and back during everyday activities.</p> <p>Fridays (10:30-12:00 pm) **CLICK HERE to register**</p>	<p>Jan 14 Feb 11 Mar 11</p>	<p>Apr 8 May 13 Jun 10</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. Mondays (10:30-12:00 pm) **CLICK HERE to register**</p>	<p>Jan 17 Mar 21</p>	<p>May 16 Jun 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. Wednesdays (10:30-12:00 pm) **CLICK HERE to register**</p>	<p>Jan 26 Feb 23 Mar 23</p>	<p>Apr 27 May 25 Jun 22</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>Jan 27 Feb 24 Mar 24</p>	<p>Apr 28 May 26 Jun 23</p>
<p><u>Goals and Action Planning</u></p>	<p>Learn how to create a successful action plan to manage your arthritis. Fridays (10:30-12:00 pm) (Registration available after Dec 17th) **CLICK HERE to register**</p>	<p>Jan 21 Feb 18 Mar 18</p>	<p>May 20 Jun 17</p>
<p><u>Walking More Comfortably</u></p>	<p>Learn about specific features of different shoes and other tips to improve your walking comfort. Wednesday (10:30-12:00pm) **CLICK HERE to register**</p>	<p>Jan 19 Feb 16 Mar 16</p>	<p>Apr 20 May 18 Jun 15</p>
<p><u>Gardening with Arthritis</u></p>	<p>Learn tips and tricks to help improve gardening with arthritis. Wednesday (10:30-12:00pm) **CLICK HERE to register**</p>	<p>Mar 2 Apr 6</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

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>Monday or Tuesday (1:30 – 3:00pm) <u>**CLICK HERE to register**</u></p>	<p>Feb 14 Apr 19 Jun 13</p>
<p>Inflammatory Arthritis- Part B</p>	<p><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.</p> <p>Note: This class focuses on RA and PSA. For those with AS, please consider attending the “Managing Spondyloarthritis” class.</p> <p>Thursdays (1:30 - 3:00pm) <u>**CLICK HERE to register**</u></p>	<p>Feb 17 Apr 21 Jun 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) <u>**CLICK HERE to register**</u></p>	<p>Jan 17 Mar 21 May 16</p>

<p><u>Prevention and Management of Osteoporosis</u> (3 Part series)</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> <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 (2:00-3:00 pm) ** CLICK HERE to register**</p>	<p>Jan 17 May 30</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>Jan 19 Jun 1</p>
<p>Part C: Managing Your Everyday Activities</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>Jan 21 Jun 3</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>Jan 20 Mar 29 May 12</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>Jun 1</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)</p> <p>To register: click on both links/dates to the Right →</p>	<p>Part 1: Mar30 Part 2: Apr 6</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)</p> <p>To register: click on both links/dates to the Right →</p>	<p>Part 1: Apr 27 Part 2: May 4</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)</p> <p>To register: click on both links/dates to the Right →</p>	<p>Part 1: Jun 15 Part 2: Jun 22</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**

