



## Arthritis Education Class Guide

July - December 2022

Registration is open to all, No referral required

Currently all our Mary Pack Arthritis Program classes are available online via Zoom only. We offer various arthritis topics that are for everyone as well as a few specific to Inflammatory Arthritis (IA) and Osteoarthritis.

There are two types of Zoom formats:

1. Webinar: Audio or video participation not required. Registration confirmation email generated automatically.
2. Meeting: Audio or video participation is encouraged. Due to capacity limits, a registration confirmation email will be sent only if there is space available.

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

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

If you are having difficulty with online registration please contact Vancouver (604-875-4021) OR Victoria (250-598-2277 Ext. "0") for assistance. Please note that your call may be re-directed.

Class Name	Description	Dates
<b>Biologics, Biosimilars, and Jak inhibitors (IA)</b>  <b>WEBINAR</b>	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>	Jul 18 Sep 19 Nov 21
<b>Community Resources</b>  <b>MEETING</b>	Learn about disability pensions, subsidized housing and other ways of saving money when you have a disability.  Wednesday (10:00-12:00 pm) <a href="#">**CLICK HERE to register**</a>	Nov 16

<p><b>Exercise and Arthritis</b></p> <p><i>MEETING</i></p>	<p>Learn principles of exercising with arthritis.</p> <p><i>Note: No specific exercises are taught.</i></p> <p>Fridays (10:30-12:00 pm) <a href="#">**CLICK HERE to register**</a></p>	<p>Jul 22 Aug 26 Sep 23</p>	<p>Oct 28 Nov 25 Dec 23</p>
<p><b>Fatigue Management</b></p> <p><i>MEETING</i></p>	<p>Discuss factors that affect fatigue. Examine your daily activities and learn to conserve energy.</p> <p>Thursdays (11:00-12:00 pm) <a href="#">**CLICK HERE to register**</a></p>	<p>Jul 28 Aug 25 Sept 22</p>	<p>Oct 27 Nov 24 Dec 22</p>
<p><b>Gardening with Arthritis</b></p> <p><i>MEETING</i></p>	<p>Learn tips and tricks to help improve gardening with arthritis.</p> <p>Wednesday (10:30-12:00pm) <a href="#">**CLICK HERE to register**</a></p>	<p>Aug 10</p>	<p>Sep 14</p>
<p><b>Goals and Action Planning</b></p> <p><i>MEETING</i></p>	<p>Learn how to create a successful action plan to manage your arthritis.</p> <p>Fridays (10:30-12:00 pm) <a href="#">**CLICK HERE to register**</a></p>	<p>Jul 15 Aug 19 Sep 16</p>	<p>Nov 18 Dec 16</p>
<p><b>Joint Protection of Arms</b></p> <p><i>MEETING</i></p>	<p>How to protect the joints in the arms and hands while performing everyday tasks.</p> <p>Tuesdays (10:30-12:00 pm) <a href="#">**CLICK HERE to register**</a></p>	<p>Jul 12 Aug 9 Sep 13</p>	<p>Oct 11 Nov 8 Dec13</p>
<p><b>Joint Protection of Legs</b></p> <p><i>MEETING</i></p>	<p>How to protect the joints in the hips and knees while performing everyday tasks.</p> <p>Tuesdays (1:00-2:30 pm) <a href="#">**CLICK HERE to register**</a></p>	<p>Jul 19 Aug 16 Sep 20</p>	<p>Oct 18 Nov 15 Dec 20</p>
<p><b>Managing Emotions (2 part class)</b></p> <p><i>MEETING</i></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: <a href="#">click on both links/dates</a> to the Right →</p>	<p><a href="#">Part 1: Nov 30</a></p> <p><a href="#">Part 2: Dec 7</a></p>	

### **Managing Inflammatory Arthritis (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.

Although attendance at both sessions is encouraged, it is not mandatory.

**\*\*\*Registration is required for each session\*\***

<p><b>Part A: Understanding the Disease (IA)</b></p> <p><i>WEBINAR</i></p>	<p>Learn the basics about the disease process and medications prescribed for Rheumatoid Arthritis (RA), Psoriatic arthritis (PSA) and Ankylosing Spondylitis (AS).</p> <p>Monday (1:30 – 3:00pm) <a href="#">**CLICK HERE to register**</a></p>	<p>Aug 15 Oct 24 Dec 12</p>
<p><b>Part B: Tools for Management (IA)</b></p> <p><i>WEBINAR</i></p>	<p>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 (1:30 – 3:00) <a href="#">**CLICK HERE to register**</a></p>	<p>Aug 18 Oct 27 Dec 15</p>
<p><b>Part A: Understanding the Disease (IA)</b></p> <p><i>MEETING</i></p>	<p>Learn the basics about the disease process and medications prescribed for Rheumatoid Arthritis (RA), Psoriatic arthritis (PSA) and Ankylosing Spondylitis (AS).</p> <p>Thursdays (1:30-3:00 pm) <a href="#">**CLICK HERE to register**</a></p>	<p>Jul 21 Sep 15 Nov 17</p>
<p><b>Part B: Tools for Management (IA)</b></p> <p><i>MEETING</i></p>	<p>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 (1:30-3:00 pm) <a href="#">**CLICK HERE to register**</a></p>	<p>Jul 28 Sep 22 Nov 24</p>

<p><b>Managing Spondyloarthritis (IA)</b></p> <p><b>WEBINAR</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.</p> <p>Tuesday or Thursday (5:30-7:30 pm) <a href="#">**CLICK HERE to register**</a></p>	<p>Sep 20</p>	
<p><b>Navigating the Healthcare System (2 part class)</b></p> <p><b>MEETING</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) To register: <a href="#">click on both links/dates</a> to the Right →</p>	<p><a href="#">Part 1: Sep 14</a> <a href="#">Part 2: Sep 21</a></p>	
<p><b>Nutrition, Supplements and Arthritis</b></p>	<p>Learn about the impact of diet on arthritis, nutrients and supplements that can help and strategies for healthy eating.</p> <p><a href="#">** Click here for latest dates available for registration **</a> See "Upcoming Webinar and Classes" section</p>	<p>Classes offered every month.</p>	
<p><b>Osteoarthritis</b></p> <p><b>MEETING</b></p>	<p>Learn what osteoarthritis is and how it affects the body. Discuss treatment and management.</p> <p>Tuesdays (10:30-12:00 pm) <a href="#">**CLICK HERE to register**</a></p>	<p>Jul 5 Aug 2 Sep 6</p>	<p>Oct 4 Nov 1 Dec 6</p>
<p><b>Pain series (2 Part series)</b></p> <p><b>Please note:</b> our Pain classes occur as a series. Attendance at all sessions is strongly encouraged, but not required</p>			
<p><b>Pain A: Understanding Pain</b></p> <p><b>MEETING</b></p>	<p>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) <a href="#">**CLICK HERE to register**</a></p>	<p>Jul 18 Aug 15 Sep 19</p>	<p>Oct 17 Nov 21 Dec 19</p>
<p><b>Pain B: Medication and symptom Management</b></p> <p><b>MEETING</b></p>	<p>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) <a href="#">**CLICK HERE to register**</a></p>	<p>Aug 24 Sep 28</p>	<p>Oct 26 Nov 23</p>

### Prevention and Management of Osteoporosis (3 Part series)

Bone Health is very important for people with rheumatic conditions. Learn how to build stronger bones with diet, exercise, lifestyle, and medication.

Although attendance for all 3 sessions is encouraged, it is not mandatory

**\*\*\*Registration is required for each session\*\***

<p><b>Part A: Osteoporosis Overview and Treatment</b></p> <p><i>WEBINAR</i></p>	<p>Learn what is osteoporosis, the risk factors, diet, supplements and medications for it.</p> <p>Mondays (2:00 - 3:00 pm) <a href="#">** CLICK HERE to register**</a></p>	<p>Oct 24</p>	
<p><b>Part B: Prevention and Management with Exercise</b></p> <p><i>MEETING</i></p>	<p>Learn 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) <a href="#">** CLICK HERE to register**</a></p>	<p>Oct 26</p>	
<p><b>Part C: Managing Your Everyday Activities</b></p> <p><i>MEETING</i></p>	<p>Learn about fall prevention, fatigue management and ways to manage everyday activities with greater ease and confidence.</p> <p>Fridays (9:30-11:00 am) <a href="#">** CLICK HERE to register**</a></p>	<p>Oct 28</p>	
<p><b>Sleep and Arthritis</b></p> <p><i>MEETING</i></p>	<p>Learn ways to better manage sleep.</p> <p>Thursdays (11:00-12:00 pm) <a href="#">**CLICK HERE to register**</a></p>	<p>Jul 14 Aug 11 Sep 8</p>	<p>Oct 13 Nov 10 Dec 8</p>

### Spine series (2 Part series)

**Please note:** our Spine classes occur as a series. Attendance at all sessions is strongly encouraged, but not required

<b>Spine A: Anatomy</b>  <b>MEETING</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>	Aug 5 Sep 2	Oct 7 Nov 4 Dec 2
<b>Spine B: Joint Protection</b>  <b>MEETING</b>	How to protect your neck and back during everyday activities.  Fridays (10:30-12:00 pm) <a href="#">**CLICK HERE to register**</a>	Jul 8 Aug 12 Sep 9	Oct 14 Dec 9
<b>Strategies for Making Sustainable Change (2 part class)</b>  <b>MEETING</b>	This small group provides guidance and support for putting stress management techniques into practice. Consider taking:  Sleep and Stress Management first ( <a href="#">offered by OASIS Regional</a> )  Wednesdays (10:00-12:00 pm) To register: <a href="#">click on both links/dates</a> to the Right →	<a href="#">Part 1: Oct 5</a>  <a href="#">Part 2: Oct 12</a>	
<b>Walking More Comfortably</b>  <b>MEETING</b>	Learn about specific features of different shoes and other tips to improve your walking comfort.  Wednesday (10:30-12:00pm) <a href="#">**CLICK HERE to register**</a>	Jul 20 Aug 17 Sep 21	Oct 19 Nov 16 Dec 21

### Additional classes from OASIS Regional

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

If you are having difficulty with online registration or have questions please call (604) 875-4544.

**\*\* [Click here for latest dates available for registration](#) \*\***

See "Upcoming Webinar and Classes" section

