



## Arthritis Education Class Guide

January - June 2023

Registration is open to all, No referral required

Majority of our Mary Pack Arthritis Program classes are available online via Zoom currently. 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 live in the Vancouver or Victoria area and do not have access to the internet to attend virtual education classes, please contact your local center to discuss alternative options:

Vancouver 604-875-4111 x 69218

Victoria 250-598-2277

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>	Learn about the different types of advanced therapeutic medications, risks/benefits, and special considerations.	Jan 16 Mar 20 May 15
<b>ZOOM WEBINAR</b>	Mondays (10:00-11:00 am) <a href="#">**CLICK HERE to register**</a>	

<p><b>Community Resources</b></p> <p><i>IN PERSON class (in Vancouver only)</i></p>	<p>Learn about disability pensions, subsidized housing and other ways of saving money when you have a disability.</p> <p>Wednesday (10:00-12:00 pm) <a href="#">**CLICK HERE to register**</a></p>	<p>May 17</p>	
<p><b>Exercise and Arthritis</b></p> <p><i>ZOOM 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>Jan 27 Feb 24 Mar 24</p>	<p>May 26 Jun 23</p>
<p><b>Fatigue Management</b></p> <p><i>ZOOM 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>Jan 26 Feb 23 Mar 23</p>	<p>Apr 20 May 25 Jun 22</p>
<p><b>Gardening with Arthritis</b></p> <p><i>ZOOM 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>Mar 15</p>	<p>Apr 12</p>
<p><b>Goals and Action Planning</b></p> <p><i>ZOOM 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>Jan 20 Feb 17 Mar 17</p>	<p>Apr 28 May 19 Jun 16</p>
<p><b>Joint Protection of Arms</b></p> <p><i>ZOOM 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>Jan 10 Feb 14 Mar 14</p>	<p>Apr 11 May 9 Jun 13</p>
<p><b>Joint Protection of Legs</b></p> <p><i>ZOOM 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>Jan 17 Feb 21 Mar 21</p>	<p>Apr 18 May 16 Jun 20</p>

<p><b>Managing Emotions (2 part class)</b></p> <p><i>IN PERSON class (in Vancouver only)</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) To register: <a href="#">click on both links/dates</a> to the Right →</p>	<p><a href="#">Part 1: Jun 7</a></p> <p><a href="#">Part 2: Jun 14</a></p>
<p><b><u>Managing Inflammatory Arthritis (2 Part series)</u></b></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.</p> <p>Although attendance at both sessions is encouraged, it is not mandatory. <b>***Registration is required for each session**</b></p>		
<p><b>Part A: Understanding the Disease (IA)</b></p> <p><i>Zoom 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>Feb 13 Apr 18 Jun 12</p>
<p><b>Part B: Tools for Management (IA)</b></p> <p><i>Zoom 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>Feb 16 Apr 20 Jun 15</p>
<p><b>Part A: Understanding the Disease (IA)</b></p> <p><i>Zoom 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>Jan 19 Mar 16 May 18</p>

<p><b>Part B: Tools for Management (IA)</b></p> <p><i>Zoom 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>Jan 26 Mar 23 May 25</p>	
<p><b>Managing Spondyloarthritis (IA)</b></p> <p><i>Zoom WEBINAR</i></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>Jan 19 Mar 14 May 9</p>	
<p><b>Navigating the Healthcare System (2 part class)</b></p> <p><i>Zoom MEETING</i></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: Mar 29</a> <a href="#">Part 2: Apr 5</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><i>Zoom MEETING</i></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>Jan 3 Feb 7 Mar 7</p>	<p>Apr 4 May 2 Jun 6</p>
<p><b><u>Pain series (2 Part series)</u></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><i>Zoom MEETING</i></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>Jan 16 Mar 20</p>	<p>Apr 17 May 15 Jun 19</p>
<p><b>Pain B: Medication and symptom Management</b></p> <p><i>Zoom MEETING</i></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>Jan 25 Feb 22 Mar 22</p>	<p>Apr 26 May 24 Jun 28</p>
<p><b><u>Prevention and Management of Osteoporosis (3 Part series)</u></b></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>Although attendance for all 3 sessions is encouraged, it is not mandatory <b>***Registration is required for each session**</b></p>			
<p><b>Part A: Osteoporosis Overview and Treatment</b></p> <p><i>Zoom 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>Jan 16 Jun 5</p>	
<p><b>Part B: Prevention and Management with Exercise</b></p> <p><i>Zoom 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>Jan 18 Jun 7</p>	
<p><b>Part C: Managing Your Everyday Activities</b></p> <p><i>Zoom 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>Jan 20 Jun 9</p>	

<p><b>Sleep and Arthritis</b></p> <p><i>Zoom MEETING</i></p>	<p>Learn ways to better manage sleep.</p> <p>Thursdays (11:00-12:00 pm)</p> <p><a href="#">**CLICK HERE to register**</a></p>	<p>Jan 12 Feb 9 Mar 9</p>	<p>Apr 13 May 11 Jun 8</p>
<p><b>Spine series (2 Part series)</b></p> <p><b>Please note:</b> our Spine classes occur as a series. Attendance at all sessions is strongly encouraged, but not required</p>			
<p><b>Spine A: Anatomy</b></p> <p><i>Zoom MEETING</i></p>	<p>Basic spine anatomy and the effects of arthritis on your back.</p> <p>Fridays (10:30-12:00 pm)</p> <p><a href="#">**CLICK HERE to register**</a></p>	<p>Jan 6 Feb 3 Mar 3</p>	<p>Apr 14 May 5 Jun 2</p>
<p><b>Spine B: Joint Protection</b></p> <p><i>Zoom MEETING</i></p>	<p>How to protect your neck and back during everyday activities.</p> <p>Fridays (10:30-12:00 pm)</p> <p><a href="#">**CLICK HERE to register**</a></p>	<p>Jan 13 Feb 10 Mar 10</p>	<p>Apr 21 May 12 Jun 9</p>
<p><b>Strategies for Making Sustainable Change (2 part class)</b></p> <p><i>Zoom MEETING</i></p>	<p>This small group provides guidance and support for putting stress management techniques into practice. Consider taking:</p> <p>Sleep and Stress Management first (<a href="#">offered by OASIS Regional</a>)</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: Apr 26</a></p> <p><a href="#">Part 2: May 3</a></p>	
<p><b>Walking More Comfortably</b></p> <p><i>Zoom MEETING</i></p>	<p>Learn about specific features of different shoes and other tips to improve your walking comfort.</p> <p>Wednesday (10:30-12:00pm)</p> <p><a href="#">**CLICK HERE to register**</a></p>	<p>Jan 18 Feb 15 Mar 15</p>	<p>Apr 19 May 17 Jun 21</p>

## 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

