



Arthritis Education Class Guide

January – June 2025

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.

Please note: Class may be cancelled due to lack of instructor or attendees. If this occurs, registrants will be notified via email.

Class Name	Description	Dates	
Biologics, Biosimilars, and Jak inhibitors (IA) ZOOM WEBINAR	Learn about the different types of advanced therapeutic medications, risks/benefits, and special considerations. Mondays (10:00-11:00 am) **CLICK HERE to register**	Jan 20 Mar 17 May 12	
Exercise and Arthritis	Learn principles of exercising with arthritis. ** Click here for latest dates available for registration through OASIS ** See "Class schedule and registration" section.	Classes offered every month.	
Fatigue Management ZOOM MEETING	Discuss factors that affect fatigue. Examine your daily activities and learn to conserve energy. Thursdays (11:00-12:00 pm) **CLICK HERE to register**	Jan 23 Feb 27 Mar 27	Apr 24 May 22 Jun 26
Gardening with Arthritis	Learn tips and tricks to help improve gardening with arthritis. ** Click here for latest dates available for registration through OASIS ** See "Class schedule and registration" section.		
Goals and Action Planning ZOOM MEETING	Learn how to create a successful action plan to manage your arthritis. Fridays (10:30-12:00 pm) **CLICK HERE to register**	Jan 17 Feb 21 Mar 21	May 16 Jun 20
Joint Protection of Arms ZOOM MEETING	How to protect the joints in the arms and hands while performing everyday tasks. Tuesdays (10:30-12:00 pm) **CLICK HERE to register**	Jan 14 Feb 11 Mar 11	Apr 8 May 13 Jun 10
Joint Protection of Legs ZOOM MEETING	How to protect the joints in the hips and knees while performing everyday tasks. Tuesdays (1:00-2:30 pm) **CLICK HERE to register**	Jan 21 Feb 18 Mar 18	Apr 15 May 20 Jun 17

<p>Managing Hip and Knee Arthritis</p>	<p>Learn about arthritis in these commonly affected joints, ways of managing without surgery and what happens if you need joint replacement surgery.</p> <p>** Click here for latest dates available for registration through OASIS **</p> <p>See “Class schedule and registration” section.</p>	<p>Classes offered every month.</p>
<p>Managing Inflammatory Arthritis (2 Part 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.</p> <p>Although attendance at both sessions is encouraged, it is not mandatory.</p> <p>***Registration is required for each session**</p>		
<p>Part A: Understanding the Disease (IA)</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 (1:00 – 2:30pm) **CLICK HERE to register **</p>	<p>Feb 10 Apr 14 Jun 16</p>
<p>Part B: Tools for Management (IA)</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.</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) **CLICK HERE to register**</p>	<p>Feb 13 Apr 17 Jun 19</p>
<p>Managing Spondyloarthritis (IA)</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) **CLICK HERE to register**</p>	<p>Feb 4 Mar 13 Apr 24 Jun 24</p>
<p>Nutrition, Supplements and Arthritis</p>	<p>Learn about the impact of diet on arthritis, nutrients and supplements that can help and strategies for healthy eating.</p> <p>** Click here for latest dates available for registration through OASIS **</p> <p>See “Class schedule and registration” section.</p>	<p>Classes offered every month.</p>

Managing Hip and Knee Arthritis	<p>Learn about arthritis in these commonly affected joints, ways of managing without surgery and what happens if you need joint replacement surgery.</p> <p>** Click here for latest dates available for registration through OASIS **</p> <p>See “Class schedule and registration” section.</p>	<p>Classes offered every month.</p>
Pain Management	<p>Learn evidence-based strategies to manage arthritis pain so you can exercise, rest and manage everyday activities.</p> <p>** Click here for latest dates available for registration through OASIS **</p> <p>See “Class schedule and registration” section.</p>	<p>Classes offered every month.</p>
<p><u>Prevention and Management of Osteoporosis (3 Part series)</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> <p>Although attendance for all 3 sessions is encouraged, it is not mandatory ***Registration is required for each session**</p>		
Part A: Osteoporosis Overview and Treatment <i>Zoom WEBINAR</i>	<p>Learn what is osteoporosis, the risk factors, diet, supplements and medications for it.</p> <p>Mondays (2:00 - 3:00 pm) ** CLICK HERE to register**</p>	<p>Jan 13 Jun 9</p>
Part B: Prevention and Management with Exercise <i>Zoom MEETING</i>	<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) ** CLICK HERE to register**</p>	<p>Jan 15 Jun 11</p>
Part C: Managing Your Everyday Activities <i>Zoom MEETING</i>	<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) ** CLICK HERE to register**</p>	<p>Jan 17 Jun 13</p>

<p>Sleep and Arthritis</p>	<p>Learn about the health benefits of sleep, the relationship between sleep and stress, and strategies for improving your sleep and managing your stress.</p> <p><u>** Click here for latest dates available for registration through OASIS **</u></p> <p>See “Class schedule and registration” section.</p>	<p>Classes offered every month.</p>
<p>Spine Osteoarthritis</p>	<p>Class focuses on specific strategies for management, including joint protection, exercise and pain management.</p> <p><u>** Click here for latest dates available for registration through OASIS **</u></p> <p>See “Class schedule and registration” section.</p>	<p>Classes offered every month.</p>
<p>Walking More Comfortably</p>	<p>Learn about the benefits of walking with poles, specific features of different shoes, and other tips to improve your walking comfort.</p> <p><u>** Click here for latest dates available for registration through OASIS **</u></p> <p>See “Class schedule and registration” section.</p>	<p>Classes offered every month.</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 “Class schedule and registration” section.

