

Richmond In-Person Education Sessions 2023

Managing Hip/Knee Osteoarthritis		
Fri Dec 16	10:00 to 12:00PM	GWC
Thurs Feb 9	1:00 to 3:00PM	CCC
Fri April 21	10:00 to 12:00PM	GWC
Exercise & Arthritis		
Thurs Feb 2	1:00 to 3:00PM	CCC
Wed Mar 1	1:30 to 3:30PM	GWC
Thurs Apr 6	1:00 to 3:00PM	RLIB
Pain Management		
Thurs Jan 26	1:30 to 4:00PM	GWC
Thurs Mar 9	1:00 to 3:30PM	CCC
Thurs Mar 30	1:00 to 3:30PM	RLIB
Nutrition, Supplements & Arthritis		
Thurs Feb 23	1:00 to 3:30PM	CCC
Thurs Apr 20	1:00 to 3:30PM	RLIB
Arthritis and Your Hands		
Thurs Feb 16	1:00 to 3:00PM	CCC
Wed Apr 5	1:30 to 3:30PM	GWC
Pole Walking for Arthritis		
Thurs Mar 2	10:00 to 11:30AM	CCC
Fri April 14	1:30 to 3:00PM	GWC
Beverages - What to Know		
Tues Jan 24	11:00 to 12:30PM	MIN (Cantonese translation)

Registration Required:

GWC - 604-875-4544
Garratt Wellness Centre
7504 Chelsea Place, Richmond

MIN - 604-233-6225
Minoru Centre for Active Living
7191 Granville Avenue, Richmond

CCC - 604-238-8399
Cambie Community Centre
12800 Cambie Road, Richmond

RLIB - 604-231-6404
Richmond Library
7700 Minoru Gate, Richmond

It's Free!
For more information, go to our website:
oasis.vch.ca