

be at the
centre

Osteoarthritis Workshops In Cantonese

FREE

Updated: Feb 6, 2018

Learn about Osteoarthritis in this 4 session workshop series offered for free in partnership with Vancouver Coastal Health (VCH) and OsteoArthritis Service Integration System (OASIS). Registration required.

Understanding Osteoarthritis Friday, May 11, 2018, 1pm to 3pm

Learn the signs and symptoms of osteoarthritis and strategies to protect joints to improve overall management.

Barcode #2396742

Pain Management Friday, May 18, 2018, 1pm to 3pm

Gain an understanding of why pain occurs for those with osteoarthritis, factors that increase pain and strategies to manage a flare up and chronic pain.

Barcode #2396792

Nutrition and Osteoarthritis Friday, May 25, 2018, 1pm to 3pm

Learn how diet and weight affect osteoarthritis in this workshop that covers topics on nutrients, supplements, weight, eating habits, portion sizes and Canada's Food Guide.

Barcode #2396842

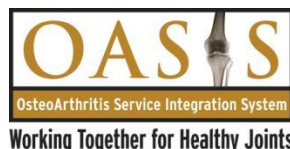
Osteoarthritis and Exercise Friday, June 1, 2018, 1pm to 3pm

Learn various types of exercises and the recommended amount of exercise for those with osteoarthritis to increase range of motion, strength and endurance.

Barcode #2396892

Location: City Centre Community Centre
5900 Minoru Blvd, Richmond, BC

5466367



3 Ways to Register

- 1 Internet:**
www.richmond.ca/register
- 2 Registration Call Centre:**
Mon-Fri, 8:30 am-5:30 pm
604-276-4300
- 3 In Person:**
During facility hours



City Centre Community Centre

5900 Minoru Boulevard

www.richmond.ca/citycentre | 604-204-8588



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骨性關節炎-粵語系列

FREE

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在溫哥華海岸衛生局（VCH）和骨關節服務系統（OASIS）合作提供的四場會議研討會中，學習了解骨關節炎。需要預先註冊。

認識骨性關節炎

了解骨性關節炎原因及症狀，
並保護你的關節免受進一步的破壞。

星期五, 5月11日, 下午 1—3 點

Barcode #2396742

疼痛管理

學習各種疼痛管理策略，包括醫療和輔助療法。

星期五, 5月18日, 下午 1—3 點

Barcode #2396792

營養和骨性關節炎

了解影響骨性關節炎的食品和補充劑。

星期五, 5月25日, 下午 1—3 點

Barcode #2396842

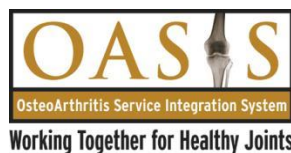
骨關節炎和運動

學習鍛煉方法，骨關節炎和安全鍛煉的重要性。

星期五, 6月1日, 下午 1—3 點

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