

Richmond Education Sessions

Understanding Osteoarthritis	
Wed May 31, 2017	04:00 to 06:00PM RLIB
Thu Jul 6, 2017	09:30 to 11:30AM GAR
Fri Aug 25, 2017	09:30 to 11:30AM GAR
Osteoarthritis & Exercise	
Wed May 10, 2017	04:00 to 06:00PM RLIB
Thu Jun 22, 2017	09:30 to 11:30AM GAR
Tue Aug 1, 2017	10:00 to 12:00PM RALP
Pain Management	
Wed May 17, 2017	04:00 to 06:00PM RLIB
Thu Jun 8, 2017	01:00 to 03:30PM GAR
Wed Aug 16, 2017	01:00 to 03:30PM GAR
Nutrition & Supplements/Weight Control	
Wed Jun 7, 2017	03:30 to 06:00PM RLIB
Thu Jul 13, 2017	10:00 to 12:30PM RLIB
Tue Aug 8, 2017	10:00 to 12:30PM IRON
Mindful Eating for Weight Control Part 1	
Wed Jun 14, 2017	04:00 to 06:00PM RLIB
Wed Jul 19, 2017	10:00 to 12:00PM RLIB
Mindful Eating for Weight Control Part 2 (Must attend Part 1 first.)	
Wed Jun 28, 2017	04:00 to 06:00PM RLIB
Wed Aug 2, 2017	10:00 to 12:00PM RLIB
Hand Osteoarthritis	
Wed May 3, 2017	04:00 to 06:00PM RLIB
Thu Jun 29, 2017	09:30 to 11:30AM GAR
Thu Aug 10, 2017	09:30 to 11:30AM RALP
Foot/Ankle Osteoarthritis	
Thu Jun 15, 2017	09:30 to 11:30AM RICH
Thu Aug 31, 2017	09:30 to 11:30AM GAR
Sleep, Stress & Osteoarthritis	
Thu May 18, 2017	09:30 to 12:00PM GAR
Wed Jun 21, 2017	09:30 to 12:00PM GAR
Wed Aug 9, 2017	01:00 to 03:30PM GAR

To register:

GAR - 604-244-5377
Garratt Wellness Centre
7504 Chelsea Place, Richmond

RLIB - 604-231-6413
Richmond Library
7700 Minoru Gate, Richmond

RALP - 604-244-5377
Ralph Fisher Auditorium - Richmond Hospital
7000 Westminster Highway, Richmond

IRON - 604-231-6413
Ironwood Library - Richmond
11688 Steveston Hwy #8200, Richmond

RICH - 604-244-5377
OASIS Clinic - Richmond Hospital
7000 Westminster Highway, Richmond

It's Free!

For more information, go to our website:

oasis.vch.ca

Pole Walking Education Sessions

Day	Date	Time	Place
Wed	May 17, 2017	01:00 to 02:30PM	RLIB
Wed	May 24, 2017	09:30 to 11:00AM	CCC
Wed	May 31, 2017	09:30 to 11:00AM	SCC
Wed	Jun 7, 2017	01:30 to 03:00PM	TEM
Thu	Jun 15, 2017	01:00 to 02:30PM	RLIB
Tue	Jun 27, 2017	09:30 to 11:00AM	WVCC
Wed	Jun 28, 2017	09:30 to 11:00AM	CCC
Wed	Aug 2, 2017	01:00 to 02:30PM	RLIB
Wed	Aug 16, 2017	09:30 to 11:00AM	CCC
Thu	Aug 17, 2017	01:00 to 02:30PM	RLIB
Tue	Aug 22, 2017	09:30 to 11:00AM	WVCC

To register:

CCC - 604-257-3050
 Creekside Community Centre
 1 Athletes Way, Vancouver

RLIB - 604-231-6413
 Richmond Library
 7700 Minoru Gate, Richmond

SCC - 604-718-6505
 Sunset Community Centre
 6810 Main Street, Vancouver

TEM - 604-718-6252
 Templeton Park Pool
 700 Templeton Drive, Vancouver

WVCC - 604-904-6177
 West Van. Community Centre (Garden Room)
 2121 Marine Drive, West Van.

It's Free!

For more information, go to our website:

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As of: 3 May 2017