

Richmond Education Sessions

Understanding Osteoarthritis	
Mon Mar 5, 2018	02:00 to 04:00PM GWC
Mon Apr 30, 2018	10:00 to 12:00PM GWC
Exercise & Arthritis	
Wed Feb 14, 2018	12:30 to 02:30PM GWC
Tue Mar 13, 2018	09:30 to 11:30AM GWC
Tue Apr 17, 2018	09:30 to 11:30AM GWC
Pain Management	
Thu Feb 8, 2018	09:30 to 12:00PM GWC
Thu Mar 8, 2018	09:30 to 12:00PM GWC
Thu Apr 19, 2018	09:30 to 12:00PM GWC
Nutrition & Supplements/Weight Control	
Tue Feb 6, 2018	10:00 to 12:30PM RLIB
Tue Mar 20, 2018	10:00 to 12:30PM GWC
Mindful Eating for Weight Control Part 1	
Tue Feb 20, 2018	10:00 to 12:00PM RLIB
Wed Apr 11, 2018	01:00 to 03:00PM GWC
Mindful Eating for Weight Control Part 2 (Part 1 Req.)	
Tue Mar 6, 2018	10:00 to 12:00PM RLIB
Wed Apr 25, 2018	01:00 to 03:00PM GWC
Hand Osteoarthritis	
Wed Feb 28, 2018	09:30 to 11:30AM GWC
Tue Apr 10, 2018	09:30 to 11:30AM GWC
Foot/Ankle Osteoarthritis	
Thu Mar 22, 2018	09:30 to 11:30AM GWC
Thu Apr 26, 2018	09:30 to 11:30AM GWC
Sleep & Stress Management	
Thu Feb 22, 2018	09:30 to 11:30AM GWC
Tue Feb 27, 2018	10:00 to 12:30PM RLIB
Wed Apr 4, 2018	09:30 to 11:30AM GWC

Registration Required:

GWC - 604-244-5377

Garrett Wellness Centre
7504 Chelsea Place, Richmond

RLIB - 604-231-6413

Richmond Library
7700 Minoru Gate, Richmond

It's Free!

For more information, go to our website:

oasis.vch.ca

Pole Walking Education Sessions

Day	Date	Time	Place
Thu	Feb 15, 2018	09:30 to 11:00AM	GWC
Mon	Feb 19, 2018	09:30 to 11:00AM	WVC
Wed	Feb 21, 2018	09:30 to 11:00AM	WPG
Tue	Feb 27, 2018	09:30 to 11:00AM	OAK
Mon	Mar 5, 2018	07:00 to 08:30PM	HIL
Wed	Mar 7, 2018	09:30 to 11:00AM	SCC
Thu	Mar 15, 2018	10:00 to 11:30AM	RLIB
Mon	Apr 9, 2018	09:30 to 11:00AM	WVC
Wed	Apr 18, 2018	09:30 to 11:00AM	GWC
Wed	Apr 25, 2018	09:30 to 11:00AM	CCC
Thu	May 17, 2018	09:30 to 11:00AM	GWC

Registration Required:

CCC - 604-257-3050

Creekside Community Centre
 1 Athletes Way, Vancouver

GWC - 604-244-5377

Garrett Wellness Centre
 7504 Chelsea Place, Richmond

HIL - 604- 257-8680

Hillcrest Community Centre
 4575 Clancy Loranger Way, Vancouver

OAK - 604-257-8180

Oakridge Marpole Community Centre
 990 W 59th Ave, Vancouver

RLIB - 604-231-6413

Richmond Library
 7700 Minoru Gate, Richmond

SCC - 604-718-6505

Sunset Community Centre
 6810 Main Street, Vancouver

WPG - 604-257-8140

West Point Grey Community Centre
 4397 West 2nd Ave, Vancouver, BC

WVC - 604-904-6177

West Van. Community Centre
 Garden Room
 2121 Marine Drive, West Van.

It's Free!

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