

Richmond Education Sessions

Managing Hip/Knee Osteoarthritis	
Tue Jan 29, 2019	09:30 to 11:30AM GWC
Fri Mar 8, 2019	09:30 to 11:30AM GWC
Tue Apr 23, 2019	09:30 to 11:30AM GWC
Exercise & Arthritis	
Tue Jan 15, 2019	09:30 to 11:30AM GWC
Tue Feb 26, 2019	09:30 to 11:30AM GWC
Tue Apr 16, 2019	09:30 to 11:30AM GWC
Pain Management	
Thu Jan 24, 2019	10:00 to 12:30PM GWC
Thu Feb 28, 2019	10:00 to 12:30PM GWC
Thu Mar 28, 2019	10:00 to 12:30PM GWC
Thu Apr 25, 2019	10:00 to 12:30PM GWC
Nutrition & Supplements/Weight Control	
Thu Jan 31, 2019	10:00 to 12:30PM GWC
Tue Feb 19, 2019	10:00 to 12:30PM GWC
Mindful Eating for Weight Control Part 1	
Thu Feb 14, 2019	10:00 to 12:00PM GWC
Tue Mar 26, 2019	10:00 to 12:00PM GWC
Mindful Eating for Weight Control Part 2 (Part 1 Req.)	
Thu Mar 7, 2019	10:00 to 12:00PM GWC
Tue Apr 30, 2019	10:00 to 12:00PM GWC
Managing Hand Osteoarthritis	
Wed Jan 23, 2019	09:30 to 11:30AM GWC
Thu Mar 14, 2019	09:30 to 11:30AM GWC
Tue Apr 9, 2019	09:30 to 11:30AM GWC
Managing Foot/Ankle Osteoarthritis	
Wed Feb 13, 2019	12:30 to 02:30PM GWC
Tue Mar 19, 2019	09:30 to 11:30AM GWC
Sleep & Stress Management	
Thu Feb 7, 2019	10:00 to 12:30PM GWC
Tue Mar 12, 2019	10:00 to 12:30PM GWC
Thu Apr 4, 2019	10:00 to 12:30PM GWC

Registration Required: 604-244-5377

GWC - Garratt Wellness Centre
7504 Chelsea Place, Richmond

It's Free!

For more information, go to our website:

oasis.vch.ca

Pole Walking Education Sessions

Day	Date	Time	Place
Wed	Jan 16, 2019	09:30 to 11:00AM	GWC
Wed	Jan 23, 2019	09:30 to 11:00AM	CCC
Wed	Jan 30, 2019	09:30 to 11:00AM	WVCC
Tue	Feb 12, 2019	12:00 to 01:30PM	FAL
Thu	Feb 21, 2019	09:30 to 11:00AM	GWC
Wed	Feb 27, 2019	09:30 to 11:00AM	CCC
Fri	Mar 1, 2019	10:00 to 11:30AM	REN
Wed	Mar 20, 2019	09:30 to 11:00AM	GWC
Tue	Apr 16, 2019	09:30 to 11:00AM	WVCC
Wed	Apr 17, 2019	09:30 to 11:00AM	CCC
Thu	Apr 18, 2019	09:30 to 11:00AM	GWC

Registration Required:

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

FAL - 604-257-8195
False Creek Community Centre
1318 Cartwright St, Vancouver

GWC - 604-244-5377
Garrett Wellness Centre
7504 Chelsea Place, Richmond

REN - (604) 257-8388
Renfrew Park Community Centre
2929 East 22nd Ave, Vancouver
WVCC - 604-904-6177
West Van. Com. Centre (Garden Room)
2121 Marine Drive, West Van.

It's Free!

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