

## Richmond Education Sessions

<b>Understanding Osteoarthritis</b>	
Mon May 28, 2018	09:30 to 11:30AM GWC
Tue Jul 10, 2018	09:30 to 11:30AM GWC
Tue Aug 21, 2018	09:30 to 11:30AM GWC
<b>Exercise &amp; Arthritis</b>	
Thu May 24, 2018	09:30 to 11:30AM GWC
Thu Jul 5, 2018	09:30 to 11:30AM GWC
Thu Aug 23, 2018	09:30 to 11:30AM GWC
<b>Pain Management</b>	
Thu May 31, 2018	10:00 to 12:30PM GWC
Tue Jun 19, 2018	10:00 to 12:30PM GWC
Thu Aug 9, 2018	10:00 to 12:30PM GWC
<b>Nutrition &amp; Supplements/Weight Control</b>	
Thu May 3, 2018	10:00 to 12:30PM GWC
Tue Jul 24, 2018	10:00 to 12:30PM GWC
<b>Mindful Eating for Weight Control Part 1</b>	
Tue May 29, 2018	10:00 to 12:00PM GWC
Wed Aug 1, 2018	01:30 to 03:30PM GWC
<b>Mindful Eating for Weight Control Part 2 (Part 1 Req.)</b>	
Tue Jun 12, 2018	10:00 to 12:00PM GWC
Wed Aug 8, 2018	01:30 to 03:30PM GWC
<b>Hand Osteoarthritis</b>	
Tue May 15, 2018	09:30 to 11:30AM GWC
Thu Jun 21, 2018	09:30 to 11:30AM GWC
Tue Aug 28, 2018	09:30 to 11:30AM GWC
<b>Foot/Ankle Osteoarthritis</b>	
Tue May 22, 2018	09:30 to 11:30AM GWC
Tue Jul 17, 2018	09:30 to 11:30AM GWC
Thu Aug 30, 2018	09:30 to 11:30AM GWC
<b>Sleep &amp; Stress Management</b>	
Tue May 8, 2018	10:00 to 12:30PM GWC
Thu Jun 28, 2018	10:00 to 12:30PM GWC
Thu Jul 26, 2018	10:00 to 12:30PM GWC
<b>Cantonese Classes - 01:00 to 03:00PM CITY</b>	
Fri May 11, 2018	Understanding Osteoarthritis
Fri May 18, 2018	Pain Management
Fri May 25, 2018	Nutrition & Supplements
Fri Jun 1, 2018	Osteoarthritis & Exercise

### Registration Required:

GWC - 604-244-5377

Garratt Wellness Centre

7504 Chelsea Place, Richmond

CITY - 604-204-8588

City Centre Community Centre

5900 Minoru Blvd, Richmond

It's Free!

For more information, go to our website:

[oasis.vch.ca](http://oasis.vch.ca)

## Pole Walking Education Sessions

Day	Date	Time	Place
Thu	May 17, 2018	09:30 to 11:00AM	GWC
Wed	May 30, 2018	09:30 to 11:00AM	SCC
Thu	Jun 7, 2018	09:30 to 11:00AM	OAK
Wed	Jun 13, 2018	2:00 to 3:30PM	WPG
Wed	Jun 20, 2018	09:30 to 11:00AM	GWC
Tue	Jun 26, 2018	09:30 to 11:00AM	WVC
Tue	Jul 3, 2018	09:30 to 11:00AM	CCC
Thu	Jul 19, 2018	09:30 to 11:00AM	GWC
Wed	Aug 22, 2018	09:30 to 11:00AM	GWC
Mon	Aug 27, 2018	09:30 to 11:00AM	WVC
Wed	Aug 29, 2018	09:30 to 11:00AM	WPG

### Registration Required:

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

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

OAK - 604-257-8180  
Oakridge Marpole Community Centre  
990 W 59th Ave, Vancouver

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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