

Richmond Education Sessions

Understanding Osteoarthritis	
Wed Sep 27, 2017	09:30 to 11:30AM GWC
Fri Oct 20, 2017	09:30 to 11:30AM GWC
Wed Nov 29, 2017	09:30 to 11:30AM GWC
Osteoarthritis & Exercise	
Tue Sep 5, 2017	12:30 to 02:30PM GWC
Wed Oct 18, 2017	09:30 to 11:30AM GWC
Wed Nov 22, 2017	09:30 to 11:30AM GWC
Pain Management	
Wed Sep 13, 2017	01:00 to 03:30PM GWC
Wed Oct 25, 2017	09:30 to 12:00PM GWC
Thu Nov 16, 2017	09:30 to 12:00PM GWC
Thu Dec 14, 2017	01:00 to 03:30PM GWC
Nutrition & Supplements/Weight Control	
Thu Sep 7, 2017	10:00 to 12:30PM GWC
Thu Nov 9, 2017	10:00 to 12:30PM GWC
Mindful Eating for Weight Control Part 1	
Thu Sep 14, 2017	10:00 to 12:00PM GWC
Thu Nov 23, 2017	10:00 to 12:00PM GWC
Mindful Eating for Weight Control Part 2 (Must attend Part 1 first.)	
Thu Sep 28, 2017	10:00 to 12:00PM GWC
Thu Dec 7, 2017	10:00 to 12:00PM GWC
Hand Osteoarthritis	
Tue Sep 19, 2017	09:30 to 11:30AM GWC
Thu Oct 26, 2017	09:30 to 11:30AM GWC
Tue Dec 12, 2017	10:00 to 12:00PM GWC
Foot/Ankle Osteoarthritis	
Wed Oct 11, 2017	12:30 to 02:30PM GWC
Tue Dec 5, 2017	09:30 to 11:30AM GWC
Sleep, Stress & Osteoarthritis	
Thu Sep 21, 2017	09:30 to 12:00PM GWC
Thu Nov 30, 2017	09:30 to 12:00PM GWC
Cantonese Classes - 01:00 to 03:00PM CITY	
Fri Nov 3, 2017	Understanding Osteoarthritis
Fri Nov 10, 2017	Pain Management
Fri Nov 17, 2017	Nutrition & Supplements
Fri Nov 24, 2017	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

Pole Walking Education Sessions

Day	Date	Time	Place
Tue	Sep 12, 2017	09:30 to 11:00AM	WVCC
Tue	Sep 19, 2017	09:30 to 11:00AM	SCC
Wed	Sep 20, 2017	09:30 to 11:00AM	GWC
Tue	Sep 26, 2017	09:30 to 11:00AM	CCC
Wed	Oct 4, 2017	09:30 to 11:00AM	WPG
Mon	Oct 16, 2017	10:00 to 11:30AM	WVCC
Tue	Oct 17, 2017	09:30 to 11:00AM	OAK
Thu	Oct 19, 2017	09:30 to 11:00AM	GWC
Tue	Nov 7, 2017	09:30 to 11:00AM	CCC
Wed	Nov 15, 2017	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

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

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: 14 Jul 2017