

## Richmond Education Sessions

<b>Understanding Osteoarthritis</b>	
Thu Sep 27, 2018	09:30 to 11:30AM GWC
Thu Nov 1, 2018	09:30 to 11:30AM GWC
Tue Dec 4, 2018	09:30 to 11:30AM GWC
<b>Exercise &amp; Arthritis</b>	
Tue Oct 2, 2018	09:30 to 11:30AM GWC
Tue Nov 6, 2018	09:30 to 11:30AM GWC
Tue Dec 11, 2018	09:30 to 11:30AM GWC
<b>Pain Management</b>	
Wed Sep 19, 2018	10:00 to 12:30PM GWC
Thu Oct 18, 2018	10:00 to 12:30PM GWC
Wed Dec 5, 2018	10:00 to 12:30PM GWC
<b>Nutrition &amp; Supplements/Weight Control</b>	
Tue Sep 25, 2018	10:00 to 12:30PM GWC
Tue Nov 13, 2018	10:00 to 12:30PM GWC
<b>Mindful Eating for Weight Control Part 1</b>	
Thu Oct 4, 2018	10:00 to 12:00PM GWC
Tue Nov 20, 2018	10:00 to 12:00PM GWC
<b>Mindful Eating for Weight Control Part 2 (Part 1 Req.)</b>	
Thu Oct 11, 2018	10:00 to 12:00PM GWC
Tue Nov 27, 2018	10:00 to 12:00PM GWC
<b>Hand Osteoarthritis</b>	
Wed Sep 26, 2018	09:30 to 11:30AM GWC
Tue Oct 30, 2018	09:30 to 11:30AM GWC
Thu Nov 29, 2018	09:30 to 11:30AM GWC
<b>Foot/Ankle Osteoarthritis</b>	
Tue Oct 23, 2018	09:30 to 11:30AM GWC
Thu Dec 13, 2018	09:30 to 11:30AM GWC
<b>Sleep &amp; Stress Management</b>	
Thu Nov 8, 2018	10:00 to 12:30PM GWC
Tue Dec 18, 2018	10:00 to 12:30PM GWC
<b>Mandarin Classes – Richmond Library</b>	
Fri Sep 7, 2018	10:00 to 12:00PM Understand OA
Fri Sep 14, 2018	10:00 to 12:00PM Exercise
Fri Sep 28, 2018	10:00 to 12:00PM Pain
Fri Sep 21, 2018	10:00 to 12:30PM Nutrition

### Registration Required:

GWC - 604-244-5377

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

## Pole Walking Education Sessions

Day	Date	Time	Place
Tue	Sep 11, 2018	09:30 to 11:00AM	CCC
Thu	Sep 20, 2018	09:30 to 11:00AM	GWC
Mon	Oct 1, 2018	09:30 to 11:00AM	WVCC
Wed	Oct 3, 2018	09:30 to 11:00AM	OAK
Wed	Oct 17, 2018	09:30 to 11:00AM	GWC
Wed	Oct 24, 2018	09:30 to 11:00AM	CCC
Fri	Oct 26, 2018	10:00 to 11:30AM	REN
Wed	Oct 31, 2018	09:30 to 11:00AM	WPG
Mon	Nov 5, 2018	09:30 to 11:00AM	WVCC
Thu	Nov 15, 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

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

REN - (604) 257-8388  
Renfrew Park Community Centre  
2929 East 22nd Ave, Vancouver

WPG- 604-257-8140  
West Point Grey Community Centre  
4397 West 2<sup>nd</sup> 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: 7 Aug 2018