

Richmond In-Person Education Sessions Summer 2023

Managing Hip/Knee Arthritis		
Fri June 2	10:00 - 12:00PM	CHAC
Thurs July 6	10:00 - 12:00PM	CHAC
Wed Aug 30	10:00 - 12:00PM	STEVE
Exercise & Arthritis		
Wed June 14	10:00 - 12:00PM	SOUTH
Tues July 4	1:00 - 3:00 PM	CHAC
Wed July 19	10:00 - 12:00PM	STEVE
Thurs Aug 24	1:00 - 3:00PM	CHAC
Pain Management		
Tues June 27	12:30-3:00PM	STEVE
Tues Aug 29	1:00-3:30PM	CHAC
Nutrition, Supplements & Arthritis		
Tues June 20	1:00 - 3:30PM	CHAC
Thurs Aug 10	1:00 - 3:30PM	STEVE
Arthritis and Your Hands		
Thurs June 15	1:00 - 3:00PM	CHAC
Tues July 18	1:00 - 3:00PM	CHAC
Wed Aug 9	10:00 - 12:00PM	STEVE
Pole Walking for Arthritis		
Wed June 7	10:00 - 11:30AM	SOUTH
Thurs June 22	10:00 - 11:30AM	CCC
Thurs July 13	1:30 - 3:00PM	GWC
Wed Aug 2	1:00 - 2:30PM	STEVE
Thurs Aug 31	1:30 - 3:00PM	GWC
Basic Hip and Knee Exercises (Practical Session) *Must attend "Exercise and Arthritis" as a prerequisite		
Thurs June 22	1:30 - 3:30PM	GWC
Wed July 12	1:30 - 3:30PM	GWC
Wed Aug 23	1:30 - 3:30PM	GWC

Registration Required:

GWC - 604-875-4544
Garratt Wellness Centre
7504 Chelsea Place, Richmond

MIN - 604-233-6225
Minoru Centre for Active Living
7191 Granville Avenue, Richmond

CCC - 604-238-8399
Cambie Community Centre
12800 Cambie Road, Richmond

RLIB - 604-231-6404
Richmond Library
7700 Minoru Gate, Richmond

ERCH - 604-238-8399
East Richmond Community Hall
12360 Cambie Road, Richmond

SOUTH- (604) 238-8060
South Arm Community Centre
8880 Williams Rd, Richmond, BC

CHAC – 604-875-4544
Community Health Access Centre
7671 Alderbridge Way, Richmond

STEVE – 604-238-8084
Steveston Community Centre
4111 Moncton Street, Richmond

It's Free!
For more information, go to our website:
oasis.vch.ca