

Richmond In-Person Education Sessions Winter 2024

****Registration Required – See last page for details****

Managing Hip/Knee Arthritis		
Mon March 4	10:00 – 12:00PM	CHAC
Tues April 16	10:00 – 12:00PM	CHAC
Exercise & Arthritis		
Wed Feb 28	10:00 – 12:00PM	City Centre Rich
Tues March 12	1:00 - 3:00PM	CHAC
Tues April 16	1:00 - 3:00PM	CHAC
Pain Management		
Tues Feb 13	1:00-3:00PM	RLIB
Thurs Feb 22	10:00-12:30PM	CHAC
Tues April 23	12:30-3:00PM	CHAC
Nutrition, Supplements & Arthritis		
Thurs Mar 7	1:30 – 4:00PM	MIN
Thurs Mar 28	4:30 – 7:00PM	RLIB
Mindful Eating		
Wed Jan 31 (Part 1)	10:30-12:30PM	CHAC
Wed Feb 14 (Part 2)	10:30-12:30PM	CHAC
Hand Arthritis		
Tues Feb 20	1:00 - 3:00PM	RLIB
Thurs Mar 7	10:00 - 12:00PM	CHAC
Shoulder Arthritis		
Tues Mar 12	10:00 - 12:00PM	STEVE
Osteoarthritis of the Spine		
Tues Feb 27	1:00 - 3:00PM	RLIB
Beverages		
Wed Mar 13	11:00-12:30PM	SOUTH
Working from Home - Ergonomics		
Tues Feb 20	10:00 – 11:30AM	STEVE
Pole Walking for Arthritis		

Thurs Feb 22	1:30 - 3:00PM	GWC
Fri Mar 15	10:00 - 11:30AM	GWC
Basic Hip and Knee Exercises (Practical Session) *Must attend "Exercise and Arthritis" as a prerequisite		
Wed March 27	1:30 - 3:00PM	GWC
Fri Apr 26	10:00 - 11:30AM	GWC

REGISTRATION

Please call the appropriate location to register:

City Centre Rich – 604-204-8588 City Centre Community Centre 5900 Minoru Blvd #105, Richmond	CHAC – 604-875-4544 Community Health Access Centre 7671 Alderbridge Way, Richmond
GWC - 604-875-4544 Garratt Wellness Centre 7504 Chelsea Place, Richmond	MIN - 604-233-6225 Minoru Centre for Active Living 7191 Granville Avenue, Richmond
RLIB - 604-231-6404 Richmond Library 7700 Minoru Gate, Richmond	SOUTH- 604-238-8060 South Arm Community Centre 8880 Williams Rd, Richmond, BC
STEVE – 604-238-8084 Steveston Community Centre 4111 Moncton Street, Richmond	

It's Free!

For more information, go to our website:

oasis.vch.ca