

## Richmond In-Person Education Sessions Spring 2023

<b>Managing Hip/Knee Osteoarthritis</b>		
Thur April 13	1:00 - 2:00PM	RLIB
Fri April 21	10:00 - 12:00PM	GWC
Fri May 19	10:00 - 12:00PM	SOUTH
<b>Exercise &amp; Arthritis</b>		
Thurs Apr 6	1:00 - 3:00PM	RLIB
Thurs May 25	10:00 - 12:00PM	CHAC
<b>Pain Management</b>		
Thurs Mar 30	1:00 - 3:30PM	RLIB
Thurs May 18	10:00 - 12:30PM	CHAC
<b>Nutrition, Supplements &amp; Arthritis</b>		
Thurs Apr 20	1:00 - 3:30PM	RLIB
Wed May 31	10:00 - 12:30PM	SOUTH
<b>Arthritis and Your Hands</b>		
Wed Apr 5	1:30 - 3:30PM	GWC
Tues May 9	1:00 - 3:00PM	CHAC
<b>Pole Walking for Arthritis</b>		
Fri April 14	1:30 - 3:00PM	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](http://oasis.vch.ca)**