

Richmond In-Person Education Sessions - Fall 2023

Managing Hip/Knee Arthritis		
Fri Oct 6	10:00 - 12:00PM	CHAC
Wed Nov 8	10:00 - 12:00PM	WEST
Fri Nov 24	10:00 - 12:00PM	CHAC
Exercise & Arthritis		
Tues Oct 3	1:00 - 3:00PM	CHAC
Thus Nov 30	10:00 - 12:00PM	CHAC
Pain Management		
Wed Oct 11th	10:00 - 12:00PM	WEST
Thurs Nov 16th	2:00 - 4:30PM	MIN
Tues Nov 21st	10:00 - 12:30PM	CHAC
Sleep & Stress Management		
Thurs Dec 14 th	2:00 - 4:00PM	MIN
Nutrition, Supplements & Arthritis		
Thurs Oct 26	1:00 - 3:30PM	CHAC
Tues Dec 12	1:00 - 3:30PM	CHAC
Mindful Eating Parts 1 and 2		
Thurs Sept 28 Part 1	10:15 AM - 12:15PM	MIN
Thurs Oct 19 Part 2	2:00 - 4:00 PM	MIN
Thurs Nov 9 Part 1	1:00 - 3:00 PM	ERCH
Thurs Nov 16 Part 2	1:00 - 3:00 PM	ERCH
Beverages!		
Thurs Nov 23	1:00 - 2:30 PM	MIN
Arthritis and Your Hands		
Tues Nov 7	1:00 - 3:00PM	CHAC
Shoulder Arthritis		
Thurs Oct 19	1:00 - 3:00PM	ERCH
Foot and Ankle Arthritis		
Thurs Oct 26	1:00 - 3:00 PM	ERCH
Pole Walking for Arthritis		
Thurs Sept 28	1:30 - 3:00PM	GWC
Wed Oct 25	1:30 - 3:00PM	GWC
Thurs Nov 23	1:30 - 3:00PM	GWC
Fri Dec 8	10:00 - 11:30AM	GWC
Basic Hip and Knee Exercises (Practical Session) *Must attend "Exercise and Arthritis" as a prerequisite		
Thurs Oct 19	1:30 - 3:30PM	GWC
Thurs Nov 16	1:30 - 3:30PM	GWC
Thurs Dec 14	1:30 - 3:30PM	GWC

REGISTRATION INFO BELOW

<p>Registration Required: GWC - 604-875-4544 Garratt Wellness Centre, Room 4 7504 Chelsea Place, Richmond</p>	<p>MIN - 604-233-6225 Minoru Centre for Active Living 7191 Granville Avenue, Richmond</p>
<p>CCC - 604-238-8399 Cambie Community Centre 12800 Cambie Road, Richmond</p>	<p>RLIB - 604-231-6404 Richmond Library 7700 Minoru Gate, Richmond</p>
<p>ERCH - 604-238-8399 East Richmond Community Hall 12360 Cambie Road, Richmond</p>	<p>SOUTH- (604) 238-8060 South Arm Community Centre 8880 Williams Rd, Richmond, BC</p>
<p>CHAC - 604-875-4544 Community Health Access Centre (Bridgeport Room) 7671 Alderbridge Way, Richmond</p>	<p>STEVE - 604-238-8084 Steveston Community Centre 4111 Moncton Street, Richmond</p>
<p>WEST - 604-238-8400 West Richmond Community Centre 9180 No. 1 Road, Richmond</p>	
<p style="text-align: center;">It's Free! For more information, go to our website: oasis.vch.ca</p>	