

Richmond In-Person Education Sessions April 2024

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

Managing Hip/Knee Arthritis		
Tues April 16	10:00 – 12:00PM	CHAC
Exercise & Arthritis		
Tues April 16	1:00 - 3:00PM	CHAC
Pain Management		
Tues April 23	12:30-3:00PM	CHAC
Basic Hip and Knee Exercises (Practical Session) *Must attend “Exercise and Arthritis” as a prerequisite		
Fri Apr 26	10:00 - 11:30AM	GWC
Nutrition, Supplements & Arthritis Beverages Hand Arthritis Shoulder Arthritis Pole Walking for Arthritis		
*return next month		

REGISTRATION INFO BELOW

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:

www.vch.ca/oasis