

Richmond In-Person Education Sessions

Fall 2024

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

<p>CORE CLASSES</p> <p>Get the most important information for managing arthritis</p>	Managing Hip/Knee Arthritis		
	Fri Sept 20	10:00 - 12:00PM	CHAC
	Tues Oct 29	10:00 - 12:00PM	CHAC
	Tues Nov 19	10:00 - 12:00PM	CHAC
	Exercise & Arthritis		
	Wed Sept 11	10:00 - 11:00AM	SOUTH
	Tues Sept 17	10:00 - 12:00PM	CHAC
	Thurs Oct 10	1:00 - 3:00PM	CHAC
	Thurs Nov 21	10:30 - 12:30PM	CHAC
	Tues Dec 17	10:00 - 12:00PM	CHAC
	Pain Management		
	Thurs Oct 3	1:00 - 3:00PM	CAMBIE
	Thurs Nov 14	1:00 - 3:00PM	CHAC
	Nutrition, Supplements & Arthritis		
	Thurs Oct 24	1:00 – 3:30 PM	CHAC
Thurs Nov 28	2:00 – 4:30 PM	CHAC	
<p>JOINT-SPECIFIC CLASSES</p>	Hand Arthritis		
	Mon Oct 21*Tentative*	10:00 - 12:00PM	MIN
	Thurs Dec 12	10:00 - 12:00PM	CHAC
	Foot and Ankle Arthritis		
	Tues Sept 24	10:00 - 12:00PM	CHAC
	Osteoarthritis of the Spine		
	Tues Sept 17	11:30 – 1:00PM	SOUTH
	Mon Dec 9	1:00 – 3:00PM	CHAC
Shoulder Arthritis			
Fri Nov 29	10:00 – 12:00PM	CHAC	
<p>ADDITIONAL CLASSES</p>	Mindful Eating Part 1 and 2 (Please attend Part 1 before Part 2)		
	Tues Dec 3 Part 1	2:00 - 4:00 PM	CHAC
	Tues Dec 10 Part 2	2:00 - 4:00 PM	CHAC

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Taught by a Registered Nurse or Dietitian	Beverages		
	Wed Oct 30	10:30 - 12:00PM	CHAC
	Introduction to Meditation		
	Thurs Sept 26	10:00 - 11:00AM	CAMBIE
PRACTICAL SESSIONS	Pole Walking for Arthritis		
	Thurs Sept 12	2:00 - 3:30PM	MIN
	Thurs Oct 10	10:00 - 11:30AM	CAMBIE
	Wed Nov 13	1:30 - 3:00PM	GWC
	Basic Hip and Knee Exercises		*Must attend "Exercise and Arthritis" as a prerequisite
	Wed Sept 4	1:30 - 3:00PM	GWC
	Fri Oct 18	10:00 - 11:30AM	GWC
	Wed Nov 6	1:30 - 3:00PM	GWC
	Fri Dec 13	10:00 - 11:30AM	GWC

REGISTRATION

Please call the appropriate location to register:

CHAC – 604-875-4544 Community Health Access Centre 7671 Alderbridge Way, Richmond	SOUTH - 604-238-8060 South Arm Community Centre 8880 Williams Rd, Richmond, BC
GWC - 604-875-4544 Garratt Wellness Centre 7504 Chelsea Place, Richmond	MIN - 604-233-6225 Minoru Centre for Active Living 7191 Granville Avenue, Richmond
CAMBIE - 604-238-8399 Cambie Community Centre 12800 Cambie Rd, Richmond	
<p>It's Free!</p> <p>For more information, go to our website:</p> <p>oasis.vch.ca</p>	

Class dates and times listed may change.
 Please visit www.vch.ca/oasis for the most current version of this schedule.

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