

Richmond In-Person Education Sessions Spring / Summer 2024

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

Managing Hip/Knee Arthritis		
Tues May 21	10:00 - 12:00PM	CHAC
Tues June 11	10:00 - 12:00PM	CHAC
Tues Aug 20	10:00 – 12:00PM	CHAC
Exercise & Arthritis		
Thurs May 30	10:00 – 12:00PM	CHAC
Wed July 10	1:00 – 3:00PM	CHAC
Tues Aug 27	10:00 – 12:00PM	CHAC
Pain Management		
Thurs Jul 4	1:00 - 3:30PM	CHAC
Nutrition, Supplements & Arthritis		
Thurs June 13	1:00 – 3:30 PM	CHAC
Thurs Aug 8	1:30 – 4:00 PM	MIN
Mindful Eating Part 1 and 2		
Thurs June 27 (Part 1)	1:00 – 3:00 PM	CHAC
Tues July 9 (Part 2)	1:00 – 3:00 PM	CHAC
Sleep/Stress Management		
Wed Jul 10	1:00 – 3:00 PM	STEVE
Thurs Aug 22	1:00 – 3:00 PM	CHAC
Hand Arthritis		
Thurs June 13	10:00 - 12:00PM	CHAC
Tues Aug 13	10:00 - 12:00PM	CHAC
Foot Arthritis		
Tues June 25	10:00 - 12:00PM	CHAC
Shoulder Arthritis		
Thurs Aug 8	10:00 - 12:00PM	CHAC
Osteoarthritis of the Spine		
Mon June 10	1:00 - 3:00PM	CHAC
Mon July 8	10:00 – 11:30AM	STEVE
Thurs Aug 1	10:00 - 12:00PM	CHAC

Beverages		
Tues July 23	1:00 – 2:30 PM	CHAC
Intro to Meditation		
Tues May 21	12:00 – 13:00PM	SOUTH
Wed Jul 17	1:00 – 2:00PM	STEVE
Walking More Comfortably		
Tues Aug 13	1:00-2:30PM	STEVE
Pole Walking for Arthritis (Practical Session)		
Fri June 14	10:00 – 11:30AM	GWC
Mon Aug 12	1:30 - 3:00PM	GWC
Basic Hip and Knee Exercises (Practical Session) *Must attend “Exercise and Arthritis” as a prerequisite		
Thurs June 6	1:30 - 3:00PM	GWC
Thurs July 11	1:30 - 3:00PM	GWC
Fri Aug 2	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	GWC - 604-875-4544 Garratt Wellness Centre 7504 Chelsea Place, Richmond
MIN - 604-233-6225 Minoru Centre for Active Living 7191 Granville Avenue, 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

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