

# Richmond In-Person Education Sessions Winter 2025

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

<p><b>CORE CLASSES</b></p> <p>Get the most important information for managing arthritis</p>	<b>Managing Hip/Knee Arthritis</b>		
	Tues Jan 21	10:00 – 12:00PM	CHAC
	Wed Feb 12	2:30 – 4:30PM	CITY
	Tues Feb 18	10:00 – 12:00PM	STEVE
	Tues Apr 15	10:00 – 12:00PM	CHAC
	<b>Exercise &amp; Arthritis</b>		
	Thurs Jan 23	10:00 – 12:00PM	CHAC
	Thurs Feb 6	10:00 – 12:00PM	CHAC
	Tues Mar 4	10:00 – 12:00PM	STEVE
	Thurs Mar 13	10:00 – 12:00PM	CHAC
	Tues Apr 22	10:00 – 12:00PM	CHAC
	<b>Pain Management</b>		
	Thurs Jan 16	1:00 – 3:30PM	CHAC
	Wed Feb 26	2:00 – 4:00PM	RLIBRARY
	Thurs Mar 6	1:00 – 3:30PM	CHAC
	<b>Nutrition, Supplements &amp; Arthritis</b>		
Wed Jan 22	2:30 – 4:30PM	CITY	
Tues Feb 4	1:00 – 3:00PM	STEVE	
Wed Feb 12	2:00 – 4:00PM	RLIBRARY	
<p><b>JOINT-SPECIFIC CLASSES</b></p>	<b>Hand Arthritis</b>		
	Tues Feb 18	10:00 – 12:00PM	CHAC
	Wed March 5	2:00 – 4 :00PM	RLIBRARY
	Thurs Apr 10	10:00 – 12:00PM	CHAC
	<b>Foot and Ankle Arthritis</b>		
	Thurs Feb 13	10:00 – 12:00PM	CHAC
	Wed Apr 30	10:00 – 12:00PM	CHAC
	<b>Osteoarthritis of the Spine</b>		
	Tues Mar 18	10:00 – 12:00PM	CHAC
	<b>Shoulder Arthritis</b>		
Tues Mar 25	10:00 – 12:00PM	CHAC	

Class dates and times listed may change.  
Please visit [www.vch.ca/oasis](http://www.vch.ca/oasis) for the most current version of this schedule.

<b>ADDITIONAL CLASSES</b>  Taught by a Dietitian	<b>Mindful Eating Part 1 and 2 (Please attend Part 1 before Part 2)</b>		
	Thurs Mar 20 (Part1)	1:00 – 3:00PM	CAMBIE
	Thurs Mar 27 (Part 2)	1:00 – 3:00PM	CAMBIE
	<b>Beverages</b>		
	Tues Feb 11	1:00 – 2:30PM	STEVE
	Thurs Feb 27	1:00 – 2:30PM	CAMBIE
<b>PRACTICAL SESSIONS</b>	<b>Pole Walking for Arthritis</b>		
	Thurs Feb 6	1:30 – 3:00PM	GWC
	Fri Apr 4	10:00 – 11:30AM	GWC
	<b>Basic Hip and Knee Exercises</b>		<b>*Must attend “Exercise and Arthritis” as a prerequisite</b>
	Wed Jan 29	1:30 – 3:00PM	GWC
	Fri Feb 21	10:00 – 11:30AM	GWC
	Fri Apr 25	10:00 – 11:30AM	GWC

## REGISTRATION

Please call the appropriate location to register:

<b>CHAC – 604-875-4544</b> Community Health Access Centre 7671 Alderbridge Way, Richmond	<b>CAMBIE - 604-238-8399</b> Cambie Community Centre 12800 Cambie Rd, Richmond
<b>GWC - 604-875-4544</b> Garratt Wellness Centre 7504 Chelsea Place, Richmond	<b>MIN - 604-233-6225</b> Minoru Centre for Active Living 7191 Granville Avenue, Richmond
<b>RLIBRARY – 604-231-6413</b> Richmond Library 100 – 7700 Minoru Gate, Richmond	<b>SOUTH - 604-238-8060</b> South Arm Community Centre 8880 Williams Rd, Richmond
<b>STEVE – 604-238-8080</b> Steveston Community Centre (Japanese Cultural Centre) 4111 Moncton St, Richmond	

**It's Free!**

For more information, go to our website:

**[www.vch.ca/oasis](http://www.vch.ca/oasis)**