

Richmond In-Person Education Sessions Winter 2025

****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		
	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
	Exercise & Arthritis		
	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
	Pain Management		
	Thurs Jan 16	1:00 – 3:30PM	CHAC
	Wed Feb 26	2:00 – 4:00PM	RLIBRARY
	Thurs Mar 6	1:00 – 3:30PM	CHAC
	Nutrition, Supplements & Arthritis		
Wed Jan22	2:30 – 4:30PM	CITY	
Tues Feb 4	1:00 – 3:00PM	STEVE	
Wed Feb 12	2:00 – 4:00PM	RLIBRARY	
<p>JOINT-SPECIFIC CLASSES</p>	Hand Arthritis		
	Tues Feb 18	10:00 – 12:00PM	CHAC
	Wed March 5	2:00 – 4 :00PM	RLIBRARY
	Thurs Apr 10	10:00 – 12:00PM	CHAC
	Foot and Ankle Arthritis		
	Thurs Feb 13	10:00 – 12:00PM	CHAC
	Wed Apr 30	10:00 – 12:00PM	CHAC
	Osteoarthritis of the Spine		
	Tues Mar 18	10:00 – 12:00PM	CHAC
	Shoulder Arthritis		
Tues Mar 25	10:00 – 12:00PM	CHAC	

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

Jan 15

ADDITIONAL CLASSES Taught by a Dietitian	Mindful Eating Part 1 and 2 (Please attend Part 1 before Part 2)		
	Thurs Mar 20 (Part1)	1:00 – 3:00PM	CAMBIE
	Thurs Mar 27 (Part 2)	1:00 – 3:00PM	CAMBIE
	Beverages		
	Tues Feb 11	1:00 – 2:30PM	STEVE
	Thurs Feb 27	1:00 – 2:30PM	CAMBIE
PRACTICAL SESSIONS	Pole Walking for Arthritis		
	Thurs Feb 6	1:30 – 3:00PM	GWC
	Tues April 22	10:00 – 11:00AM	SOUTH
	Basic Hip and Knee Exercises		*Must attend “Exercise and Arthritis” as a prerequisite
	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:

CHAC – 604-875-4544 Community Health Access Centre 7671 Alderbridge Way, Richmond	CAMBIE - 604-238-8399 Cambie Community Centre 12800 Cambie Rd, 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
RLIBRARY – 604-231-6413 Richmond Library 100 – 7700 Minoru Gate, Richmond	SOUTH - 604-238-8060 South Arm Community Centre 8880 Williams Rd, Richmond
STEVE – 604-238-8080 Steveston Community Centre (Japanese Cultural Centre) 4111 Moncton St, Richmond	

It's Free!

For more information, go to our website:

www.vch.ca/oasis