

Richmond In-Person Education Sessions

May-August 2025

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

CORE CLASSES Get the most important information for managing arthritis	Managing Hip/Knee Arthritis		
	Thurs May 8	10:00 – 12:00PM	CHAC
	Wed July 9	1:00 – 3:00PM	CHAC
	Tues Aug 26	10:00 – 12:00PM	CHAC
	Exercise & Arthritis		
	Mon May 5	1:00 – 3:00PM	CHAC
	Thurs June 12	10:00 – 12:00PM	CHAC
	Fri July 25	10:00 – 12:00PM	CHAC
	Thurs Aug 21	10:00 – 12:00PM	CHAC
	Pain Management		
	Thurs May 22	11:00-1:30PM	CHAC
	Thurs Aug 7	10:00 – 12:30PM	CHAC
	Nutrition, Supplements & Arthritis		
JOINT-SPECIFIC CLASSES	Wed June 11	1:00-3:30PM	CHAC
	Tues July 15	1:30-4:00PM	CHAC
	Tues Aug 19	1:30 – 4:00PM	MIN
	Hand Arthritis		
	Wed June 4	10:00 - 12:00PM	CHAC
	Thurs Aug 14	10:00 - 12:00PM	CHAC
	Foot and Ankle Arthritis		
	Mon June 16	1:00 – 3:00PM	CHAC
	Tues Aug 19	10:00 - 12:00PM	CHAC
	Osteoarthritis of the Spine		
	Tues May 20	10:00 - 12:00PM	CHAC
	Thurs July 10	10:00 - 12:00PM	CHAC
	Shoulder Arthritis		
	Tues May 27	10:00 – 12:00PM	CHAC
	Wed July 30	10:00 – 12:00PM	CHAC
	Continued next page		

ADDITIONAL CLASSES Taught by a Dietitian	Mindful Eating Part 1 and 2 (Please attend Part 1 before Part 2)		
	Thurs July 3 (Part 1)	1:00-3:00PM	CHAC
	Thurs July 17 (Part 2)	1:00-3:00PM	CHAC
	Beverages		
	Tues June 17	11:00-12:30PM	CHAC
PRACTICAL SESSIONS	Pole Walking for Arthritis		
	Wed June 4	1:30 – 3:00PM	GWC
	Thurs Aug 21	1:30 – 3:00PM	GWC
	Basic Hip and Knee Exercises	*Must attend “Exercise and Arthritis” as a prerequisite	
	Wed May 7	1:30 – 3:00PM	GWC
	Fri June 20	10:00 – 11:30AM	GWC
	Wed July 9	1:30 – 3:00PM	GWC
HIP AND KNEE REPLACEMENT SURGERY EDUCATION (~2-12 months prior to surgery)	Early Preparation for Joint Replacement Surgery		
	Fri May 2	10:00 – 12:00PM	CHAC
	Tues June 24	10:00 – 12:00PM	CHAC
	Thurs Aug 28	12:30 – 2:30 PM	CHAC

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	
<p align="center">It's Free!</p> <p align="center">For more information, go to our website:</p> <p align="center">www.vch.ca/oasis</p>	