

# Richmond In-Person Education Sessions

## July-August 2025

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

<b>CORE CLASSES</b>  Get the most important information for managing arthritis	<b>Managing Hip/Knee Arthritis</b>		
	Tues Aug 26	10:00 – 12:00PM	CHAC
	<b>Exercise &amp; Arthritis</b>		
	Fri July 25	10:00 – 12:00PM	CHAC
	Thurs Aug 21	10:00 – 12:00PM	CHAC
	<b>Pain Management</b>		
	Thurs Aug 7	10:00 – 1230PM	CHAC
	<b>Nutrition, Supplements &amp; Arthritis</b>		
	Tues July 15	1:30-4:00PM	CHAC
	Tues Aug 19	1:30 – 4:00PM	MIN
<b>JOINT-SPECIFIC CLASSES</b>	<b>Hand Arthritis</b>		
	Thurs Aug 14	10:00 - 12:00PM	CHAC
	<b>Foot and Ankle Arthritis</b>		
	Tues Aug 19	10:00 - 12:00PM	CHAC
	<b>Osteoarthritis of the Spine</b>		
	Returning Sept 2025		
	<b>Shoulder Arthritis</b>		
	Wed July 30	10:00 – 12:00PM	CHAC
<b>ADDITIONAL CLASSES</b>  Taught by a Dietitian	<b>Mindful Eating Part 1 and 2 (Please attend Part 1 before Part 2)</b>		
	Returning Sept 2025		
	<b>Beverages</b>		
	Returning Sept 2025		
<b>PRACTICAL SESSIONS</b>	<b>Pole Walking for Arthritis</b>		
	Thurs Aug 21	1:30 – 3:00PM	GWC
	<b>Basic Hip and Knee Exercises</b>	<b>*Must attend “Exercise and Arthritis” as a prerequisite</b>	
	Returning Sept 2025		

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.

July 15

<b>HIP AND KNEE REPLACEMENT SURGERY EDUCATION</b> (~2-12 months prior to surgery)	<b>Early Preparation for Joint Replacement Surgery</b>		
	Fri Aug 22	10:00 – 12 :00 PM	CHAC

## REGISTRATION

Please call the appropriate location to register:

<b>CHAC – 604-875-4544</b> <b>Community Health Access Centre</b> <b>7671 Alderbridge Way, Richmond</b>	<b>GWC - 604-875-4544</b> <b>Garratt Wellness Centre</b> <b>7504 Chelsea Place, Richmond</b>
<b>MIN - 604-233-6225</b> <b>Minoru Centre for Active Living</b> <b>7191 Granville Avenue, Richmond</b>	
<p align="center"> <b>It's Free!</b>  <b>For more information, go to our website:</b>  <a href="http://www.vch.ca/oasis"><b>www.vch.ca/oasis</b></a> </p>	

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July 15