

Richmond In-Person Education Sessions

Sept - Dec 2025

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

	Managing Hip/Knee Arthritis		LOCATION
CORE CLASSES Get the most important information for managing arthritis	Tues Sept 16	10:00 – 12:00PM	CHAC
	Mon Sept 22	11 :00 – 1 :00 PM	ERCH
	Tues Oct 21	10:30 – 12:30PM	RHIC LIB
	Mon Nov 24	10:30 – 12:30PM	CHAC
	Tues Dec 16	10 :30-12 :30 PM	CHAC
	Exercise & Arthritis		
	Wed Sept 3	10:00 – 12:00PM	CHAC
	Mon Oct 20	10:00 – 12:00PM	CHAC (tent)
	Tues Oct 28	10 :30 – 12 :30PM	RICH LIB
	Thurs Nov 20	10:00 – 12:00PM	CHAC
	Thurs Dec 11	1:00 – 3 :00PM	ERCH
	Pain Management		
	Thurs Oct 23	1:00 - 3:30PM	CHAC
	Thurs Nov 27	1:00 – 3:30PM	CHAC
	Nutrition, Supplements & Arthritis		
	Thurs Oct 16	1:00-3:30PM	CHAC
	Thurs Nov 6	1:00-3:00PM	ERCH
	Tues Nov 18	10:30 -12:30PM	RICH LIB
JOINT-SPECIFIC CLASSES	Hand Arthritis		
	Thurs Sept 18	10:00 - 12:00PM	CHAC (tent)
	Tues Nov 4	10:30 – 12 :30	RICH LIB
	Tues Nov 18	1:00 – 3:00PM	CHAC (tent)
	Tues Dec 9	10:00 – 12:00PM	CHAC
	Foot and Ankle Arthritis		
	Mon Oct 20	12:30-2:30PM	SOUTHARM
	Thurs Dec 4	10:00 – 12:00	CHAC
	Osteoarthritis of the Spine		
	Thurs Sept 4	1:00 – 3:00PM	ERCH
	Fri Sept 12	10:00 - 12:00PM	CHAC
	Thurs Nov 13	10:00 - 12:00PM	CHAC
	Continued next page		

	Shoulder Arthritis		
	Tues Sept 9	10:00 – 12:00PM	CHAC
	Fri Nov 14	10:00 – 12:00PM	CHAC
ADDITIONAL CLASSES Taught by a Dietitian	Mindful Eating Part 1 and 2 (Please attend Part 1 before Part 2)		
	Thurs Dec11 (Part 1)	2:00-4:00PM	CHAC
	Thurs Dec18 (Part 2)	2:00-4:00PM	CHAC
	Beverages		
	Tues Nov 4	1:30-3:00PM	CHAC
	Supplements & Arthritis		
	Tues Oct 28	10:30-12:00	CHAC
Taught by an RN	Sleep & Stress		
	Thurs Sept 4	10:00 – 12:00PM	RICH LIB
PRACTICAL SESSIONS	Pole Walking for Arthritis		
	Fri Oct 17	10:00 – 11:30AM	GWC
	Wed Dec 3	1:30 – 3:00PM	GWC
	Basic Hip and Knee Exercises		*Must attend “Exercise and Arthritis” as a prerequisite
	Wed Sept 10	1:30 – 3:00PM	GWC
	Thurs Oct 16	1:30 – 3:00PM	GWC
HIP AND KNEE REPLACEMENT SURGERY EDUCATION (~2-12 months prior to surgery)	Early Preparation for Joint Replacement Surgery		
	Thurs Oct 30	12:00 – 2:00 PM	CHAC

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REGISTRATION

Please call the appropriate location to register:

CHAC – 604-875-4544 Bridgeport Room Community Health Access Centre 7671 Alderbridge Way, Richmond	GWC - 604-875-4544 Garratt Wellness Centre 7504 Chelsea Place, Richmond
RICH LIB - 604-231-6413 Richmond Library (Brighthouse) 100-7700 Minoru Gate, Richmond	ERCH – 604-238-8399 East Richmond Community Hall 12360 Cambie Rd, Richmond
SOUTHARM – 604-238-8060 South Arm Comm. Centre 8880 Williams Rd, Richmond	
<p>It's Free! For more information, go to our website: www.vch.ca/oasis</p>	