

# Richmond In-Person Education Sessions

## Oct - Dec 2025

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

<b>CORE CLASSES</b>  Get the most important information for managing arthritis	Managing Hip/Knee Arthritis		LOCATION
	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		
	Mon Oct 20	10:00 – 12:00PM	CHAC
	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
	Tues Nov 25	10:30-12:30PM	RICH LIB
	Thurs Nov 27	1:00 – 3:30PM	CHAC
	Nutrition & 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
<b>JOINT-SPECIFIC CLASSES</b>	Hand Arthritis		
	Tues Nov 4	10:30 – 12 :30	RICH LIB
	Tues Nov 18	1:00 – 3:00PM	CHAC
	Tues Dec 9	10:00 – 12:00PM	CHAC
	Foot and Ankle Arthritis		
	Mon Oct 20	12:30-2:30PM	SOUTHARM
	Fri Nov 28	10:00 – 12:00	CHAC
	Osteoarthritis of the Spine		
	Thurs Nov 13	10:00 - 12:00PM	CHAC
	Shoulder Arthritis		
	Fri Nov 14	10:00 – 12:00PM	CHAC
	<b>*Continued next page*</b>		

<b>ADDITIONAL CLASSES</b>  Taught by a Dietitian	<b>Mindful Eating Part 1 and 2 (Please attend Part 1 before Part 2)</b>		
	Thurs Dec11 (Part 1)	2:00-4:00PM	CHAC
	Thurs Dec18 (Part 2)	2:00-4:00PM	CHAC
	<b>Beverages</b>		
	Tues Nov 4	1:30-3:00PM	CHAC
	<b>Supplements &amp; Arthritis</b>		
Taught by an RN	Tues Oct 28	10:30-12:00	CHAC
	<b>Sleep &amp; Stress</b>		
	Upcoming dates TBD		
<b>PRACTICAL SESSIONS</b>	<b>Pole Walking for Arthritis</b>		
	Friday Nov 28	1:00 – 2:30PM	GWC
	<b>Basic Hip and Knee Exercises</b>	<b>*Must attend “Exercise and Arthritis” as a prerequisite</b>	
	Thurs Oct 16	1:30 – 3:00PM	GWC
	Fri Nov 7	10:00 – 11:30AM	GWC
<b>HIP AND KNEE REPLACEMENT SURGERY EDUCATION</b> (~2-12 months prior to surgery)	<b>Early Preparation for Joint Replacement Surgery</b>		
	Thurs Oct 30	12:00 – 2:00 PM	CHAC
	Tues Dec 2	11 :00 – 1 :00 PM	CHAC

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# REGISTRATION

Please call the appropriate location to register:

<b>CHAC – 604-875-4544</b> <b>Bridgeport Room</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>RICH LIB - 604-231-6413</b> <b>Richmond Library (Brighthouse)</b> <b>100-7700 Minoru Gate, Richmond</b>	<b>ERCH – 604-238-8399</b> <b>East Richmond Community Hall</b> <b>12360 Cambie Rd, Richmond</b>
<b>SOUTHARM – 604-238-8060</b> <b>South Arm Comm. Centre</b> <b>8880 Williams Rd, Richmond</b>	
<p><b>It's Free!</b> <b>For more information, go to our website:</b> <b><a href="http://www.vch.ca/oasis">www.vch.ca/oasis</a></b></p>	