



FREE ABC HEALTH AND WELLNESS WORKSHOPS Fall 2025

Hillcrest Community Centre Free Workshops – Please register Average time 90 minutes - exceptions may apply

Exercise and Arthritis Anna Spillane, Registered Physiotherapist OASIS Educator	Oct 8 Room 320 #577715 Wed 10-11:30am	Learn about the benefits of exercise, the types of exercise you can do to support your joints, and the signs you are doing too much.
Nutrition and Arthritis Arlaina Waisman, Registered Dietitian OASIS Educator	Oct 15 Room 320 #580505 Wed 10-11:30am	Learn about the impact of diet on arthritis, and strategies for healthy eating. 2 hours
Strong at Any Age – The Power of Strength Training for Healthy Aging Heather Camenzind, Registered Physiotherapist	Oct 20 Room 322 #579920 Mon 6-7:30 pm	Discover how strength training can support your health, and independence, and vitality as you age. This informative workshop will explore the science backed benefits of building and maintaining muscle mass, improving bone density, boosting metabolism, and enhancing balance and mobility. Whether you're new to exercise or looking to refine your routine, you'll leave empowered with practical tips, and techniques to safely incorporate strength training into your lifestyle no matter you age or fitness level.
Hand Arthritis Management Wendy Watson, Registered Physiotherapist OASIS Educator	Oct 22 Room 320 #577716 Wed 10-11:30am	Individual class for osteoarthritis in your hands with focus on specific strategies for management, including joint protection, exercise and pain management.
Early Preparation for total joint replacement Anna Spillane, Registered Physiotherapist OASIS Educator	Oct 29 Room 320 #577717 Wed 10-11:30am	Learn what you can do to prepare for a total joint replacement.
Supplements and Arthritis Arlaina Waisman, Registered Dietitian OASIS Educator	Nov 5 Room 320 #577718 Wed 10-12pm	Learn about the impact of supplements and the ones that can help arthritis.
Pain Management Susan Johnston, Registered Nurse OASIS Educator	Nov 26 Room 320 #576158 Wed 10-12pm	Learn evidence-based strategies to manage arthritis pain so you can exercise, rest and manage everyday activities. 2 hours



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GLA:D Canada Program for Knee and Hip Osteoarthritis Creekside Community Centre - Multipurpose Room 3

The GLA:D Canada Program will be run by Physiotherapist Stefan Cvoric. Good Life with Osteoarthritis in Denmark program (GLA:D) is an evidence-based program that focuses on education and exercise to help reduce pain, improve function, and enhance your quality of life for people with knee and hip osteoarthritis. Developed with input from people living with osteoarthritis and healthcare professionals, this program teaches you how to strengthen muscles through functional movements and correct daily movement patterns. On average, participants experience a 32% reduction in symptoms, along with decreased pain intensity, reduced reliance on pain medication, and improved physical function and activity levels.

What to Expect: • Two 90-minute education sessions covering osteoarthritis and practical management strategies • Twelve 60-minute group exercise sessions designed to improve strength, mobility, and function • Data collection from GLA:D Canada at the first visit, and at 3 and 12 months, to monitor effectiveness and support ongoing program improvement

Who Can Benefit: • Individuals with stiff or painful knees and/or hips, including those diagnosed with osteoarthritis • Individuals seeking to reduce pain, improve daily activity participation, and delay or prevent surgery

Fee: 14 sessions plus individual assessment \$560.00

Stefan Cvoric, Registered Physiotherapist

Register #573538

Mondays and Thursday 3:30-4:30pm – no classes stat holidays

September 15

ABC Knit2gether Hillcrest Community Centre- Multipurpose Room 322

New to knitting? Experienced knitter looking to connect with others? Maybe somewhere in between. Either way this knitting club is for you. Knitting is having a resurgence and is even being hailed as the new Yoga. This much-loved craft can reduce stress and anxiety, improve cognitive function, boost self confidence and even help with depression. All levels are welcome, bring an existing project or start something new. Learn a new skill, practice your craft or get help with a project. All are welcome, no experience necessary.

Free

Janet Haines

Register #549501

Meeting dates September 22 – December 8- No classes stat holidays

2nd & 4th Mondays 6:00 – 7:30pm

Fitness Theory Course Hillcrest Community Centre- Multipurpose Room 320

Learn the theory and science behind safe and effective fitness training. This course is a prerequisite for Group Fitness, Weight Training, Older Adult, Aqua fit, Yoga, and Pilates Instructor Courses. It is designed to appeal to different learning styles by including visual aids and fun activities. Topics include anatomy, physiology, biomechanics, movement analysis, exercise technique, training principles, program planning, training for cardio, strength, endurance and flexibility, nutrition, weight management and safety. Approved for British Columbia Recreation Parks Association registration and CFES certification.

Course (\$345) Manual (\$60) Workbook (\$35) total \$440 payable at time of registration.

Monica Thomson, Trainer of Fitness Leaders, CFES Educator

Registration #578183

Meeting dates changed!!!! New dates - Saturdays 8:30am -5:00pm – October 18, 25, and November 1