

Arthritis Workshops

Esquimalt Recreation Centre

Tuesdays

9:30am - 11:30am

Understanding Arthritis #35351

Mar 20

Stress & Arthritis #35352

Mar 27

Arthritis & Managing Pain #35353

Apr 3

\$2/workshop

In partnership with:

ARTHRITIS  FIGHT IT!



Esquimalt Parks
& Recreation

Esquimalt Recreation Centre

527 Fraser St.

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www.esquimalt.ca



@EsquimaltRec

esquimalt.ca/recreation

