

Chronic Disease Group Education

Schedule (subject to change)

Offered since Spring 2022 by Richmond Primary Care Network clinicians, these interdisciplinary, small group education sessions are designed to provide patients with tools that help them to self-manage their health. Sessions are led by a team of health professionals from various disciplines related to the topic. Please speak to your Family Physician or Nurse Practitioner if you are interested in registering for any of these groups.

Location

Classes are held in Room 224, 8100 Granville Avenue, Richmond

Note: Dates for sessions offered in Mandarin, and sessions related to other issues (such as Cognition and Depression) will be added when available.

Month	Date	Class Type	Language
JANUARY 2024	Friday, 5 Jan	Diabetes Day 1	Mandarin
	Wednesday, 10 Jan	Diabetes Day 1	English
	Friday, 12 Jan	Diabetes Day 2	Mandarin
	Tuesday, 16 Jan	Prediabetes	English
	Wednesday, 17 Jan	Diabetes Day 2	English
	Thursday, 18 Jan	Prediabetes	Cantonese
	Wednesday, 24 Jan	Diabetes Day 1	Cantonese
Wednesday, 31 Jan	Diabetes Day 2	Cantonese	
FEBRUARY 2024	Friday, 2 Feb	Cholesterol	English
	Wednesday, 7 Feb	Diabetes Day 1	English
	Tuesday, 13 Feb	Prediabetes	English
	Wednesday, 14 Feb	Diabetes Day 2	English
	Thursday, 15 Feb	Prediabetes	Cantonese
	Wednesday, 21 Feb	Diabetes Day 1	Cantonese
	Wednesday, 28 Feb	Diabetes Day 2	Cantonese
MARCH 2024	Friday, 1 Mar	Cholesterol	Cantonese
	Wednesday, 6 Mar	Diabetes Day 1	English
	Friday, 8 Mar	Prediabetes	Cantonese
	Tuesday, 12 Mar	Prediabetes	English
	Wednesday, 13 Mar	Diabetes Day 2	English
	Thursday, 14 Mar	Prediabetes	Cantonese
	Wednesday, 20 Mar	Diabetes Day 1	Cantonese
Wednesday, 27 Mar	Diabetes Day 2	Cantonese	
APRIL 2024	Wednesday, 3 Apr	Diabetes Day 1	English
	Friday, 5 Apr	Cholesterol	English
	Tuesday, 9 Apr	Prediabetes	English
	Wednesday, 10 Apr	Diabetes Day 2	English
	Thursday, 11 Apr	Prediabetes	Cantonese
	Wednesday, 17 Apr	Diabetes Day 1	Cantonese
	Friday, 5 Apr	Cholesterol	English
	Friday, 19 Apr	Diabetes Day 1	Mandarin
	Wednesday, 24 Apr	Diabetes Day 2	Cantonese
Friday, 26 Apr	Diabetes Day 2	Mandarin	
MAY 2024	Wednesday, 1 May	Diabetes Day 1	English
	Tuesday, 7 May	Prediabetes	English
	Wednesday, 8 May	Diabetes Day 2	English
	Thursday, 9 May	Prediabetes	Cantonese
	Wednesday, 15 May	Diabetes Day 1	Cantonese
	Wednesday, 22 May	Diabetes Day 2	Cantonese
JUNE 2024	Tuesday, 4 Jun	Prediabetes	English
	Wednesday, 5 Jun	Diabetes Day 1	English
	Thursday, 6 Jun	Prediabetes	Cantonese
	Wednesday, 12 Jun	Diabetes Day 2	English
	Wednesday, 19 Jun	Diabetes Day 1	Cantonese
	Friday, 21 Jun	Diabetes Day 1	Mandarin
	Wednesday, 26 Jun	Diabetes Day 2	Cantonese
Friday, 28 Jun	Diabetes Day 2	Mandarin	

Month	Date	Class Type	Language
JULY 2024	Tuesday, 2 Jul	Prediabetes	English
	Wednesday, 3 Jul	Diabetes Day 1	English
	Thursday, 4 Jul	Prediabetes	Cantonese
	Wednesday, 10 Jul	Diabetes Day 2	English
	Wednesday, 17 Jul	Diabetes Day 1	Cantonese
	Friday, 19 Jul	Diabetes Day 1	Mandarin
	Wednesday, 24 Jul	Diabetes Day 2	Cantonese
Friday, July 26	Diabetes Day 2	Mandarin	
AUGUST 2024	Wednesday, 7 Aug	Diabetes Day 1	English
	Friday, 9 Aug	Prediabetes	Mandarin
	Tuesday, 13 Aug	Prediabetes	English
	Wednesday, 14 Aug	Prediabetes Day 2	English
	Thursday, 15 Aug	Prediabetes	Cantonese
	Wednesday, 21 Aug	Diabetes Day 1	Cantonese
	Wednesday, 28 Aug	Diabetes Day 2	Cantonese
SEPTEMBER 2024	Wednesday, 4 Sept	Diabetes Day 1	English
	Tuesday, 10 Sept	Prediabetes	English
	Wednesday, 11 Sept	Diabetes Day 2	English
	Thursday, 12 Sept	Prediabetes	Cantonese
	Wednesday, 18 Sept	Diabetes Day 1	Cantonese
	Wednesday, 25 Sept	Diabetes Day 2	Cantonese
	OCTOBER 2024	Wednesday, 2 Oct	Diabetes Day 1
Tuesday, 8 Oct		Prediabetes	English
Wednesday, 9 Oct		Diabetes Day 2	English
Thursday, 10 Oct		Prediabetes	Cantonese
Wednesday, 16 Oct		Diabetes Day 1	Cantonese
Friday, 18 Oct		Diabetes Day 1	Mandarin
Wednesday, 23 Oct		Diabetes Day 2	Cantonese
Friday, 25 Oct	Diabetes Day 2	Mandarin	
NOVEMBER 2024	Wednesday 6 Nov	Diabetes Day 1	English
	Tuesday, 12 Nov	Prediabetes	English
	Wednesday, 13 Nov	Diabetes Day 2	English
	Thursday, 14 Nov	Prediabetes	Cantonese
	Wednesday, 20 Nov	Diabetes Day 1	Cantonese
	Friday, 22 Nov	Diabetes Day 1	Mandarin
	Wednesday, 27 Nov	Diabetes Day 2	Cantonese
Friday, 29 Nov	Diabetes Day 2	Mandarin	
DECEMBER 2024	Wednesday, 4 Dec	Diabetes Day 1	English
	Friday, 6 Dec	Prediabetes	Mandarin
	Tuesday, 10 Dec	Prediabetes	English
	Wednesday, 11 Dec	Diabetes Day 2	English
	Thursday, 12 Dec	Prediabetes	Cantonese
	Wednesday, 18 Dec	Diabetes Day 1	Cantonese
	Thursday, 19 Dec	Diabetes Day 2	Cantonese