

OASIS Webinars – Sept 2024

CORE CLASSES - get the most important information for managing arthritis

1. Managing Hip & Knee Arthritis

Tues Sept 3 1:00 – 2:30PM [REGISTER](#)
 Wed Sept 11 5:00 – 6:30PM [REGISTER](#)
 Wed Sept 25 10:00 – 11:30AM [REGISTER](#)

2. Pain Management

Tues Sept 3 1:00 – 3:00 PM [REGISTER](#)
 Wed Sept 18 3:00 – 5:00 PM [REGISTER](#)

3. Exercise & Arthritis

Thurs Sept 12 10:00 – 11:30AM [REGISTER](#)
 Thurs Sept 19 5:00 – 6:30PM [REGISTER](#)
 Mon Sept 23 1:00 – 2:30PM [REGISTER](#)

4. Nutrition, Supplements and Arthritis

Tues Sept 10 4:00 – 6:00PM [REGISTER](#)
 Wed Sept 25 10:00-12:00PM [REGISTER](#)

JOINT-SPECIFIC CLASSES

1. Hand Arthritis

Tues Sept 10 10:00 – 11:30AM [REGISTER](#)
 Tues Sept 17 5:00 – 6:30PM [REGISTER](#)

2. Foot & Ankle Arthritis

Thurs Sept 19 2:00 – 3:30PM [REGISTER](#)

3. Osteoarthritis of the Spine

Tues Sept 3 10:00-11:30AM [REGISTER](#)
 Thurs Sept 26 1:00 – 2:30PM [REGISTER](#)

4. Shoulder Arthritis

Fri Sept 6 10:00-11:30AM [REGISTER](#)
 Tues Sept 24 10:00-11:30AM [REGISTER](#)

ADDITIONAL CLASSES

Taught by Registered Nurse

1. Sleep and Stress Management

Tues Sept 10 3:00 - 5:00 PM [REGISTER](#)
 Wed Sept 25 10:00 - 12:00 PM [REGISTER](#)

2. Curious about Cannabis

Wed Sept 11 5:00 - 6:00 PM [REGISTER](#)

3. Introduction to Meditation

Thurs Sept 5 10:00 - 11:00 AM [REGISTER](#)

Taught by Dietitian

1. Mindful Eating Part 1

Thurs Sept 19 3:00 - 5:00 PM [REGISTER](#)

2. Mindful Eating Part 2

Thurs Sept 26 3:00-5:00 PM [REGISTER](#)

3. Beverages

Wed Sept 11 10:00-11:30 AM [REGISTER](#)

Special-Interest Classes

**1. Working from Home with Arthritis –
Ergonomic Tips**

Wed Sept 18 11:00 - 12:00 PM [REGISTER](#)

2. Gardening with Arthritis

Thurs Sept 5 1:00 –2:00 PM [REGISTER](#)

**3. Walking More Comfortably – Pole Walking,
Footwear and Other Tips**

Mon Sept 16 1:30 - 2:30 PM [REGISTER](#)

4. Ask Anything about Arthritis

Tues Sept 10 1:00 - 2:00PM [REGISTER](#)

Learn more about OASIS classes at www.vch.ca/oasis