

## OASIS Webinars – Oct 2024

**CORE CLASSES** - get the most important information for managing arthritis

### 1. Managing Hip & Knee Arthritis

Tues Oct 1 10:00 – 11:30AM [REGISTER](#)  
Wed Oct 16 5:00 – 6:30PM [REGISTER](#)  
Wed Oct 30 10:00 – 11:30AM [REGISTER](#)

### 2. Pain Management

Tues Oct 1 1:00 – 3:00 PM [REGISTER](#)  
Wed Oct 23 10:00 – 12:00 PM [REGISTER](#)

### 3. Exercise & Arthritis

Tues Oct 1 1:00 – 2:30PM [REGISTER](#)  
Thurs Oct 17 10:00-11:30AM [REGISTER](#)  
Thurs Oct 24 5:00 – 6:30PM [REGISTER](#)

### 4. Nutrition, Supplements and Arthritis

Tues Oct 8 4:00 – 6:00PM [REGISTER](#)  
Tues Oct 22 4:30- 6:30PM [REGISTER](#)

## JOINT-SPECIFIC CLASSES

### 1. Hand Arthritis

Wed Oct 2 1:30 – 3:00PM [REGISTER](#)  
  
Fri Oct 18 10:00-11:30AM [REGISTER](#)

### 2. Foot & Ankle Arthritis

Wed Oct 16 10:00-11:30AM [REGISTER](#)

### 3. Osteoarthritis of the Spine

Thurs Oct 17 1:00-2:30PM [REGISTER](#)  
Thurs Oct 31 10:00-11:30AM [REGISTER](#)

### 4. Shoulder Arthritis

Thurs Oct 10 1:00-2:30PM [REGISTER](#)  
Wed Oct 30 10:00-11:30AM [REGISTER](#)

## ADDITIONAL CLASSES

### Taught by Registered Nurse

### 1. Sleep and Stress Management

Wed Oct 9 3:00 - 5:00 PM [REGISTER](#)  
Wed Oct 30 1:00 - 3:00 PM [REGISTER](#)

### 2. Curious about Cannabis

Tus Oct 29 3:00 - 4:00 PM [REGISTER](#)

### 3. Introduction to Meditation

Tues Oct 8 2:00 - 3:00 PM [REGISTER](#)

### Taught by Dietitian

**1. Mindful Eating Part 1**

Wed Oct 16 10:00 –12:00 PM [REGISTER](#)

**2. Mindful Eating Part 2**

Wed Oct 23 10:00-12:00 PM [REGISTER](#)

**3. Beverages**

Thurs Oct 10 2:00-3:30 PM [REGISTER](#)

### Special-Interest Classes

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

Thurs Oct 17 11:00 - 12:00 PM [REGISTER](#)

**2. Gardening with Arthritis**

Returning Spring 2025

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

Fri Oct 11 10:00 - 11:00 AM [REGISTER](#)

**4. Ask Anything about Arthritis**

Wed Oct 2 11:00 - 12:00PM [REGISTER](#)

Learn more about OASIS classes at [www.vch.ca/oasis](http://www.vch.ca/oasis)