

## OASIS Webinars – Jan 2025

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

### 1. Managing Hip & Knee Arthritis

Wed Jan 8 5:00 – 6:30PM [REGISTER](#)  
 Mon Jan 13 10:00 – 11:30AM [REGISTER](#)  
 Fri Jan 31 10:00 – 11:30AM [REGISTER](#)

### 2. Pain Management

Wed Jan 8 3:00 – 5:00 PM [REGISTER](#)  
 Tues Jan 21 10:00 – 12:00 PM [REGISTER](#)

### 3. Exercise & Arthritis

Tues Jan 7 10:00 - 11:30AM [REGISTER](#)  
 Thurs Jan 23 5:00 – 6:30PM [REGISTER](#)  
 Wed Jan 29 10:00 – 11:30AM [REGISTER](#)

### 4. Nutrition, Supplements and Arthritis

Thurs Jan 16 4:00 - 6:00PM [REGISTER](#)

## JOINT-SPECIFIC CLASSES

### 1. Hand Arthritis

Mon Jan 6 1:00 – 2:30 PM [REGISTER](#)  
 Tues Jan 21 10:00-11:30AM [REGISTER](#)

### 2. Foot & Ankle Arthritis

Fri Jan 17 10:00-11:30AM [REGISTER](#)

### 3. Osteoarthritis of the Spine

Tues Jan 28 10:00-11:30AM [REGISTER](#)

### 4. Shoulder Arthritis

Thurs Jan 16 10:00-11:30AM [REGISTER](#)

## ADDITIONAL CLASSES

### Taught by Registered Nurse

### 1. Sleep and Stress Management

Tues Jan 14 3:00 -5:00PM [REGISTER](#)  
 Thurs Jan 30 10:00 -12:00PM [REGISTER](#)

### 2. Curious about Cannabis

Wed Jan 29 2:00 - 3:00 PM [REGISTER](#)

### 3. Introduction to Meditation

Wed Jan 15 4:00 - 5:00 PM [REGISTER](#)

### Taught by Dietitian

**1. Mindful Eating Part 1**

Thurs Jan 23 4:00 –6:00 PM [REGISTER](#)

**2. Mindful Eating Part 2**

Thurs Jan 30 4:00 –6:00 PM [REGISTER](#)

**Beverages**

Wed Jan 29 10:30-12:00 PM [REGISTER](#)

### Special-Interest Classes

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

Wed Jan 29 1:30 - 2:30 PM [REGISTER](#)

**2. Gardening with Arthritis**

Returning Spring 2025

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

Mon Jan 27 1:30 - 2:30 PM [REGISTER](#)

**4. Ask Anything about Arthritis**

Fri Jan 24 11:00 - 12:00PM [REGISTER](#)

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