

OASIS Webinars – Feb 2025

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

1. Managing Hip & Knee Arthritis

Mon Feb 10 10:00 – 11:30AM [REGISTER](#)

Tues Feb 25 5:00 – 6:30PM [REGISTER](#)

2. Pain Management

Tues Feb 4 5:00 – 7:00 PM [REGISTER](#)

Tues Feb 10 10:00 – 12:00 PM [REGISTER](#)

3. Exercise & Arthritis

Fri Feb 7 10:00 - 11:30AM [REGISTER](#)

Thurs Feb 20 5:00 – 6:30PM [REGISTER](#)

4. Nutrition, Supplements and Arthritis

Thurs Feb 6 3:00 - 5:00PM [REGISTER](#)

Thurs Feb 20 1:00 - 3:00PM [REGISTER](#)

JOINT-SPECIFIC CLASSES

1. Hand Arthritis

Fri Feb 14 10:00-11:30AM [REGISTER](#)

Wed Feb 26 1:00 – 2:30 PM [REGISTER](#)

2. Foot & Ankle Arthritis

Wed Feb 19 10:00-11:30AM [REGISTER](#)

3. Osteoarthritis of the Spine

Fri Feb 28 10:00-11:30AM [REGISTER](#)

4. Shoulder Arthritis

Thurs Feb 20 10:00-11:30AM [REGISTER](#)

ADDITIONAL CLASSES

Taught by Registered Nurse

1. Sleep and Stress Management

Wed Feb 12 1:00 - 3:00PM [REGISTER](#)

Wed Feb 26 10:00 -12:00PM [REGISTER](#)

2. Curious about Cannabis

Tues Feb 25 4:00 - 5:00 PM [REGISTER](#)

3. Introduction to Meditation

Wed Feb 19 10:00-11:00 AM [REGISTER](#)

Taught by Dietitian

1. Mindful Eating Part 1

Wed Feb 5 10:00 –12:00 PM [REGISTER](#)

2. Mindful Eating Part 2

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

Beverages

Thurs Feb 27 10:00-11:30PM [REGISTER](#)

Special-Interest Classes

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

Wed Feb 26 11:00 - 12:00 PM [REGISTER](#)

2. Gardening with Arthritis

Returning Spring 2025

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

Mon Feb 3 1:30 - 2:30 PM [REGISTER](#)

4. Ask Anything about Arthritis

Tues Feb 11 1:30 - 2:30PM [REGISTER](#)

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