

OASIS Webinars – Oct 2023

CORE CLASSES

1. Managing Hip & Knee Arthritis

Wed Oct 4 1:00 – 2:30 PM – click [here](#) to register

Thurs Oct 19 4:30 – 6:00 PM – click [here](#) to register

2. Exercise & Arthritis

Wed Oct 11 1:30 – 3:00 PM – click [here](#) to register

Mon Oct 30 4:30 – 6:00 PM – click [here](#) to register

3. Pain Management

Tues Oct 10 3:00 – 5:00 PM - click [here](#) to register

Tues Oct 24 10:00 – 12:00 PM - click [here](#) to register

4. Nutrition, Supplements & Arthritis

Wed Oct 25 10:00 - 12:00 PM - click [here](#) to register

After registering, you will receive an email containing information about joining your appointment. Please note that you do **not** need to download Zoom in order to participate – the platform can be accessed through your web browser.

MORE CLASSES

1. Sleep and Stress Management

Tues Oct 3 1:00 - 3:00 PM - click [here](#) to register

2. Hand Arthritis

Tues Oct 17 10:00 – 11:30 AM – click [here](#) to register

Mon Oct 30 1:30 – 3:00 PM – click [here](#) to register

3. Foot & Ankle Arthritis

Mon Oct 16 9:30 – 11:00 AM - click [here](#) to register

4. Shoulder Arthritis

Wed Oct 25 10:00 – 11:30 AM – click [here](#) to register

5. Osteoarthritis of the Spine

Tues Oct 31 10:00 – 11:30 AM - click [here](#) to register

SCHEDULE CONTINUED BELOW

6. Mindful Eating Part 1

Wed Oct.18 10:00 - 12:00 PM - click [here](#) to register

7. Mindful Eating Part 2

Wed Oct. 4 10:00-12:00 PM - click [here](#) to register

8. Beverages, what are you drinking?

Tues Oct 17 3:00 – 4:30 PM - click [here](#) to register

9. Curious about Cannabis

Tues Oct 24 3:00 - 4:00 PM - click [here](#) to register

10. Introduction to Meditation

Wed Oct 25 10:00 - 11:00 PM - click [here](#) to register

11. Gardening & Arthritis

Thurs Oct 19 10:00 – 11:00 AM – click [here](#) to register

12. Working from Home with Arthritis – Ergonomic Tips!

Wed Oct 18 11:00 - 12:00 PM - click [here](#) to register

13. Virtual Pole Walking

Mon Oct 16 1:30 - 2:30 PM - click [here](#) to register

14. Ask Anything

Tues Oct 10 1:30 - 2:30 PM - click [here](#) to register

Learn more about OASIS classes at oasis.vch.ca, Our Classes