

OASIS Webinars – April 2024

CORE CLASSES - get the most important information for managing arthritis

1. Managing Hip & Knee Arthritis

Wed Apr 3 1:00 – 2:30 PM [REGISTER](#)
 Tues Apr 9 5:00 – 6:30 PM [REGISTER](#)
 Mon Apr 29 10:00 – 11:30AM [REGISTER](#)

2. Pain Management

Wed Apr 10 3:00 – 5:00 PM [REGISTER](#)
 Wed Apr 24 5:00 – 7:00 PM [REGISTER](#)

3. Exercise & Arthritis

Mon Apr 8 1:30 – 3:00 PM [REGISTER](#)
 Tues Apr 30 5:30 – 7:00 PM [REGISTER](#)

4. Nutrition, Supplements and Arthritis

Wed Apr 3 10:00 – 12:00PM [REGISTER](#)
 Thurs Apr 4 5:00 – 7:00 PM [REGISTER](#)

JOINT-SPECIFIC CLASSES

1. Hand Arthritis

Thurs Apr 4 10:00 – 11:30AM [REGISTER](#)
 Fri Apr 19 10:00 – 11:30 AM [REGISTER](#)

2. Foot & Ankle Arthritis

Thurs Apr 11 10:00 – 11:30AM [REGISTER](#)

3. Osteoarthritis of the Spine

Fri Apr 12 10:00 – 11:30 AM [REGISTER](#)

4. Shoulder Arthritis

Thurs Apr 25 10:00 – 11:30 AM [REGISTER](#)

ADDITIONAL CLASSES

Taught by Registered Nurse

1. Sleep and Stress Management

Tues April 2 1:00 - 3:00 PM [REGISTER](#)
 Wed Apr 16 3:00 - 5:00 PM [REGISTER](#)

2. Curious about Cannabis

Tue Apr 9 4:00 - 5:00 PM [REGISTER](#)

3. Introduction to Meditation

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

SCHEDULE CONTINUED BELOW

Taught by Dietitian

1. Mindful Eating Part 1

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

2. Mindful Eating Part 2

*returns next month

3. Beverages

*returns next month

Special-Interest Classes

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

Wed Apr 10 11:00 - 12:00 PM [REGISTER](#)

2. Gardening with Arthritis

Thurs Apr 4 1:00 – 2:00 PM [REGISTER](#)

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

Fri April 19 1:30 - 2:30 PM [REGISTER](#)

4. Ask Anything about Arthritis

Mon Apr 15 1:30 - 2:30 PM [REGISTER](#)

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