

OASIS Webinars – March 2024

CORE CLASSES - get the most important information for managing arthritis

1. Managing Hip & Knee Arthritis

Wed Mar 6 1:00 – 2:30 PM – click [here](#) to register
Tues Mar 19 5:00 – 6:30 PM – click [here](#) to register

2. Exercise & Arthritis

Thurs Mar 7 5:00 – 6:30 PM – click [here](#) to register
Thurs Mar 14 10:00 – 11:30 AM – click [here](#) to register
Thurs Mar 28 1:00 – 2:30 PM – click [here](#) to register

3. Pain Management

Wed Mar 13 5:00 – 7:00 PM - click [here](#) to register

4. Nutrition, Supplements and Arthritis

Wed Mar 20 10:00AM – 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 – additional information and other joints

1. Hand Arthritis

Wed Mar 18 10:00 – 11:30 AM - click [here](#) to register

2. Sleep and Stress Management

Tues Mar 5 1:00 - 3:00 PM - click [here](#) to register

3. Osteoarthritis of the Spine

Mon Mar 11 10:00 – 11:30 AM - click [here](#) to register

4. Foot & Ankle Arthritis

Tues Mar 12 10:00 – 11:30 AM – click [here](#) to register

5. Shoulder Arthritis

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

Schedule continued below

6. Curious about Cannabis

Wed Mar 6 2:00 - 3:00 PM - click [here](#) to register

7. Mindful Eating Part 2

Wed Mar 14 4:30 - 6:30 PM - click [here](#) to register

8. Beverages, What are you Drinking?

Wed Mar 12 5:00 - 6:30 PM - click [here](#) to register

9. Introduction to Meditation

Tues Mar 12 4:00 - 5:00 PM - click [here](#) to register

10. Working from Home with Arthritis – Ergonomic Tips

Wed Mar 13 11:00 - 12:00 PM - click [here](#) to register

11. Walking More Comfortably –Pole Walking, Footwear and Other Tips

Fri Mar 15 1:00 - 2:00 PM - click [here](#) to register

12. Ask Anything about Arthritis

Wed Mar 20 11:00 - 12:00 PM - click [here](#) to register

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