

OASIS Webinars – May 2024

CORE CLASSES - get the most important information for managing arthritis

1. Managing Hip & Knee Arthritis

Mon May 6 5:00 – 6:30 PM [REGISTER](#)
 Fri May 24 10:00 – 11:30 AM [REGISTER](#)
 Tues May 28 1:00 – 2:30 PM [REGISTER](#)

2. Pain Management

Thurs May 9 1:00 – 3:00 PM [REGISTER](#)
 Thurs May 23 10:00 – 12:00 PM [REGISTER](#)

3. Exercise & Arthritis

Thurs May 9 10:00 – 11:30AM [REGISTER](#)
 Mon May 13 5:00 – 6:30PM [REGISTER](#)
 Tues May 21 1:30 – 3:00PM [REGISTER](#)

4. Nutrition, Supplements and Arthritis

Thurs May 9 4:30 - 6:30 PM [REGISTER](#)

JOINT-SPECIFIC CLASSES

1. Hand Arthritis

Thurs May 2 2:00 – 3:30PM [REGISTER](#)
 Mon May 27 10:00 – 11:30 AM [REGISTER](#)

2. Foot & Ankle Arthritis

Wed May 8 1:30 – 3:00 PM [REGISTER](#)

3. Osteoarthritis of the Spine

Thurs May 9 1:00 – 2:30PM [REGISTER](#)
 Wed May 22 10:00-11:30AM [REGISTER](#)

4. Shoulder Arthritis

Wed May 29 10:00 – 11:30AM [REGISTER](#)

ADDITIONAL CLASSES

Taught by Registered Nurse

1. Sleep and Stress Management

Wed May 1 5:00 - 7:00 PM [REGISTER](#)
 Wed May 15 10:00 - 12:00 PM [REGISTER](#)
 Wed May 29 1:00 – 3:00 PM [REGISTER](#)

2. Curious about Cannabis

Tue May 7 3:00 - 4:00 PM [REGISTER](#)

3. Introduction to Meditation

Tues May 14 4:00 - 5:00 PM [REGISTER](#)

SCHEDULE CONTINUED BELOW

May 2, 2024

Taught by Dietitian

1. Mindful Eating Part 1

Wed May 22 10:00 - 12:00 PM [REGISTER](#)

2. Mindful Eating Part 2

Wed May 15 10:00 - 12:00 PM [REGISTER](#)

3. Beverages

Tues May 28 11:00 – 12:30PM [REGISTER](#)

Special-Interest Classes

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

Wed May 8 11:00 - 12:00 PM [REGISTER](#)

2. Gardening with Arthritis

Thurs May 23 10:00 –11:00 AM [REGISTER](#)

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

Mon May 6 1:30 - 2:30 PM [REGISTER](#)

4. Ask Anything about Arthritis

Tues May 14 10:00 - 11:00AM [REGISTER](#)

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