

## OASIS Webinars – June 2024

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

### 1. Managing Hip & Knee Arthritis

Wed June 5 1:00 – 2:30PM [REGISTER](#)  
Mon June 10 10:00 – 11:30AM [REGISTER](#)  
Tues June 25 5:00 – 6:30 PM [REGISTER](#)

### 2. Pain Management

Wed June 5 5:00 – 7:00 PM [REGISTER](#)  
Wed June 19 10:00 – 12:00 PM [REGISTER](#)

### 3. Exercise & Arthritis

Thurs June 6 10:00 – 11:30AM [REGISTER](#)  
Fri June 14 1:00 – 2:30PM [REGISTER](#)  
Mon June 24 5:00 – 6:30PM [REGISTER](#)

### 4. Nutrition, Supplements and Arthritis

Thurs June 6 4:30 – 6:30 PM [REGISTER](#)  
Thurs June 20 1:00 – 3:00 PM [REGISTER](#)

## JOINT-SPECIFIC CLASSES

### 1. Hand Arthritis

Fri June 7 1:00 – 2:30PM [REGISTER](#)  
Tues June 18 10:00 – 11:30 AM [REGISTER](#)

### 2. Foot & Ankle Arthritis

Thurs June 6 10:00 – 11:00AM [REGISTER](#)  
Mon June 24 1:00 – 2:30 PM [REGISTER](#)

### 3. Osteoarthritis of the Spine

Wed June 5 10:00 – 11:30AM [REGISTER](#)  
Thurs June 27 1:00 – 2:30PM [REGISTER](#)

### 4. Shoulder Arthritis

Tues June 11 10:00 – 11:30AM [REGISTER](#)  
Tues June 25 2:00 – 3:30 PM [REGISTER](#)

## ADDITIONAL CLASSES

### Taught by Registered Nurse

### 1. Sleep and Stress Management

Wed June 12 5:00 - 7:00 PM [REGISTER](#)  
Wed June 26 10:00 - 12:00 PM [REGISTER](#)

### 2. Curious about Cannabis

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

### 3. Introduction to Meditation

Wed June 5 11:00 - 12:00 PM [REGISTER](#)

### Taught by Dietitian

**1. Mindful Eating Part 1**

Wed June 19 10:00 - 12:00 PM [REGISTER](#)

**2. Mindful Eating Part 2**

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

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

**3. Beverages**

Tues June 25 3:00 PM -4:30PM [REGISTER](#)

### Special-Interest Classes

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

Wed June 26 10:00 - 11:00 AM [REGISTER](#)

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

Mon June 17 1:30 - 2:30 PM [REGISTER](#)

**3. Ask Anything about Arthritis**

Mon June 17 10:00 - 11:00AM [REGISTER](#)

**4. Gardening with Arthritis**

Wed June 12 10:00 –11:00 AM [REGISTER](#)

Learn more about OASIS classes at [www.vch.ca/oasis](http://www.vch.ca/oasis)