

OASIS Webinars – July/August 2024

CORE CLASSES - get the most important information for managing arthritis

1. Managing Hip & Knee Arthritis

Tues June 25 5:00 – 6:30PM [REGISTER](#)
Mon July 8 5:00 – 6:30PM [REGISTER](#)
Tues July 16 10:00 – 11:30AM [REGISTER](#)
Mon Aug 12 10:00 – 11:30 AM [REGISTER](#)
Tues Aug 27 5:00 – 6:30 PM [REGISTER](#)

2. Pain Management

Wed Jul 3 1:00 – 3:00 PM [REGISTER](#)
Tues July 16 3:00 – 5:00 PM [REGISTER](#)
Tues Aug 20 5:00 - 7:00 PM [REGISTER](#)

3. Exercise & Arthritis

Tues July 2 10:00 – 11:30AM [REGISTER](#)
Mon July 29 5:00 – 6:30PM [REGISTER](#)
Tues Aug 6 10:00 – 11:30AM [REGISTER](#)
Tues Aug 27 5:00 – 6:30PM [REGISTER](#)

4. Nutrition, Supplements and Arthritis

Tues July 2 1:00 – 3:00PM [REGISTER](#)
Wed July 17 3:30 – 5:30 PM [REGISTER](#)
Thurs Aug 15 3:00 – 5:00 PM [REGISTER](#)

JOINT-SPECIFIC CLASSES

1. Hand Arthritis

Thurs July 4 10:00 – 11:30AM [REGISTER](#)
Wed Aug 7 10:00 – 11:30AM [REGISTER](#)
Tues Aug 27 1:30 – 3:00PM [REGISTER](#)

2. Foot & Ankle Arthritis

Wed July 17 10:00 – 11:30AM [REGISTER](#)
Thurs Aug 15 12:00 – 1:30PM [REGISTER](#)

3. Osteoarthritis of the Spine

Mon July 15 1:00 – 2:30PM [REGISTER](#)
Wed July 31 10:00 – 11:30AM [REGISTER](#)
Wed Aug 14 11:00 – 12:30PM [REGISTER](#)

4. Shoulder Arthritis

Fri July 5 10:00 – 11:30PM [REGISTER](#)
Wed Aug 7 2:00 – 3:30 PM [REGISTER](#)

ADDITIONAL CLASSES

Taught by Registered Nurse

1. Sleep and Stress Management

Thur Jul 11 1:00 - 3:00 PM [REGISTER](#)
Tues Aug 27 1:00 - 3:00 PM [REGISTER](#)

2. Curious about Cannabis

Tue Jul 9 3:00 - 4:00 PM [REGISTER](#)

SCHEDULE CONTINUED BELOW

July 15, 2024

3. Introduction to Meditation

Wed Jul 17 10:00 - 11:00 PM [REGISTER](#)

Taught by Dietitian

1. Mindful Eating Part 1

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

2. Mindful Eating Part 2

Wed July 24 10:00-12:00 PM [REGISTER](#)

3. Beverages

Wed July 3 3:30 – 5 PM [REGISTER](#)

Thurs Aug 1 1:00 – 2:30 PM [REGISTER](#)

Special-Interest Classes

1. Working from Home with Arthritis – Ergonomic Tips

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

Wed July 10 1:30 - 2:30 PM [REGISTER](#)

Wed Aug 14 11:00 - 12:00 PM [REGISTER](#)

2. Gardening with Arthritis

Wed July 3 10:00 –11:00 AM [REGISTER](#)

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

Tues July 9 1:30 - 2:30 PM [REGISTER](#)

Mon Aug 26 1:30 – 2:30PM [REGISTER](#)

4. Ask Anything about Arthritis

Wed Aug 14 1:30 – 2:30PM [REGISTER](#)

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