

## OASIS Webinars – Sept 2024

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

### 1. Managing Hip & Knee Arthritis

Tues Sept 3 1:00 – 2:30PM [REGISTER](#)  
Wed Sept 11 5:00 – 6:30PM [REGISTER](#)  
Wed Sept 25 10:00 – 11:30AM [REGISTER](#)

### 2. Pain Management

Tues Sept 3 1:00 – 3:00 PM [REGISTER](#)  
Wed Sept 18 3:00 – 5:00 PM [REGISTER](#)

### 3. Exercise & Arthritis

Thurs Sept 12 10:00 – 11:30AM [REGISTER](#)  
Thurs Sept 19 5:00 – 6:30PM [REGISTER](#)  
Mon Sept 23 1:00 – 2:30PM [REGISTER](#)

### 4. Nutrition, Supplements and Arthritis

Tues Sept 10 4:00 – 6:00PM [REGISTER](#)  
Wed Sept 25 10:00-12:00PM [REGISTER](#)

## JOINT-SPECIFIC CLASSES

### 1. Hand Arthritis

Tues Sept 10 10:00 – 11:30AM [REGISTER](#)  
Tues Sept 17 5:00 – 6:30PM [REGISTER](#)

### 2. Foot & Ankle Arthritis

Thurs Sept 19 1:00 – 2:30PM [REGISTER](#)

### 3. Osteoarthritis of the Spine

Tues Sept 3 10:00-11:30AM [REGISTER](#)  
Thurs Sept 26 1:00 – 2:30PM [REGISTER](#)

### 4. Shoulder Arthritis

Fri Sept 6 10:00-11:30AM [REGISTER](#)  
Tues Sept 24 10:00-11:30AM [REGISTER](#)

## ADDITIONAL CLASSES

### Taught by Registered Nurse

### 1. Sleep and Stress Management

Tues Sept 10 3:00 - 5:00 PM [REGISTER](#)  
Wed Sept 25 10:00 - 12:00 PM [REGISTER](#)

### 2. Curious about Cannabis

Wed Sept 11 5:00 - 6:00 PM [REGISTER](#)

### 3. Introduction to Meditation

Thurs Sept 5 10:00 - 11:00 AM [REGISTER](#)

### Taught by Dietitian

**1. Mindful Eating Part 1**

Thurs Sept 19 3:00 - 5:00 PM [REGISTER](#)

**2. Mindful Eating Part 2**

Thurs Sept 26 3:00-5:00 PM [REGISTER](#)

**3. Beverages**

Wed Sept 11 10:00-11:30 AM [REGISTER](#)

### Special-Interest Classes

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

Wed Sept 18 11:00 - 12:00 PM [REGISTER](#)

**2. Gardening with Arthritis**

Thurs Sept 5 1:00 –2:00 PM [REGISTER](#)

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

Mon Sept 16 1:30 - 2:30 PM [REGISTER](#)

**4. Ask Anything about Arthritis**

Tues Sept 10 1:00 - 2:00PM [REGISTER](#)

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