

OASIS Webinars – Oct 2024

CORE CLASSES - get the most important information for managing arthritis

1. Managing Hip & Knee Arthritis

Tues Oct 1 10:00 – 11:30AM [REGISTER](#)
Wed Oct 16 5:00 – 6:30PM [REGISTER](#)
Wed Oct 30 10:00 – 11:30AM [REGISTER](#)

2. Pain Management

Tues Oct 1 1:00 – 3:00 PM [REGISTER](#)
Wed Oct 23 10:00 – 12:00 PM [REGISTER](#)

3. Exercise & Arthritis

Tues Oct 1 1:00 – 2:30PM [REGISTER](#)
Thurs Oct 17 10:00-11:30AM [REGISTER](#)
Thurs Oct 24 5:00 – 6:30PM [REGISTER](#)

4. Nutrition, Supplements and Arthritis

Tues Oct 8 4:00 – 6:00PM [REGISTER](#)
Tues Oct 22 3:00- 5:00PM [REGISTER](#)

JOINT-SPECIFIC CLASSES

1. Hand Arthritis

Wed Oct 2 1:30 – 3:00PM [REGISTER](#)

Fri Oct 18 10:00-11:30AM [REGISTER](#)

2. Foot & Ankle Arthritis

Wed Oct 16 10:00-11:30AM [REGISTER](#)

3. Osteoarthritis of the Spine

Thurs Oct 17 1:00-2:30PM [REGISTER](#)
Thurs Oct 31 10:00-11:30AM [REGISTER](#)

4. Shoulder Arthritis

Thurs Oct 10 1:00-2:30PM [REGISTER](#)
Wed Oct 30 10:00-11:30AM [REGISTER](#)

ADDITIONAL CLASSES

Taught by Registered Nurse

1. Sleep and Stress Management

Wed Oct 9 3:00 - 5:00 PM [REGISTER](#)
Wed Oct 30 1:00 - 3:00 PM [REGISTER](#)

2. Curious about Cannabis

Tus Oct 29 3:00 - 4:00 PM [REGISTER](#)

3. Introduction to Meditation

Tues Oct 8 2:00 - 3:00 PM [REGISTER](#)

Taught by Dietitian

1. Mindful Eating Part 1

Wed Oct 16 10:00 –12:00 PM [REGISTER](#)

2. Mindful Eating Part 2

Wed Oct 23 10:00-12:00 PM [REGISTER](#)

3. Beverages

Thurs Oct 10 2:00-3:30 PM [REGISTER](#)

Special-Interest Classes

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

Thurs Oct 17 11:00 - 12:00 PM [REGISTER](#)

2. Gardening with Arthritis

Returning Spring 2025

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

Fri Oct 11 10:00 - 11:00 AM [REGISTER](#)

4. Ask Anything about Arthritis

Wed Oct 2 11:00 - 12:00PM [REGISTER](#)

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