

## OASIS Webinars – Nov 2024

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

### 1. Managing Hip & Knee Arthritis

Wed Nov 6 5:00 – 6:30PM [REGISTER](#)  
 Wed Nov 13 1:00 – 2:30PM [REGISTER](#)  
 Fri Nov 29 10:00 – 11:30AM [REGISTER](#)

### 2. Pain Management

Tues Nov 5 3:00 – 5:00 PM [REGISTER](#)  
 Wed Nov 20 5:00 – 7:00 PM [REGISTER](#)

### 3. Exercise & Arthritis

Mon Nov 4 1:00 – 2:30PM [REGISTER](#)  
 Thurs Nov 14 5:00 – 6:30PM [REGISTER](#)  
 Wed Nov 27 10:00 – 11:30AM [REGISTER](#)

### 4. Nutrition, Supplements and Arthritis

Tues Nov 12 1:00 – 3:00PM [REGISTER](#)  
 Tues Nov 26 10:00- 12:00PM [REGISTER](#)

## JOINT-SPECIFIC CLASSES

### 1. Hand Arthritis

Tues Nov 12 10:00-11:30AM [REGISTER](#)  
 Mon Nov 18 1:00-2:30PM [REGISTER](#)

### 2. Foot & Ankle Arthritis

Wed Nov 6 10:00-11:30AM [REGISTER](#)

### 3. Osteoarthritis of the Spine

Tues Nov 5 1:00 – 2:30PM [REGISTER](#)  
 Tues Nov 19 10:00-11:30AM [REGISTER](#)

### 4. Shoulder Arthritis

Thurs Nov 14 10:00-11:30AM [REGISTER](#)  
 Thurs Nov 28 1:00-2:30PM [REGISTER](#)

## ADDITIONAL CLASSES

### Taught by Registered Nurse

### 1. Sleep and Stress Management

Tues Nov 12 3:00 - 5:00 PM [REGISTER](#)  
 Tues Nov 26 5:00 - 7:00 PM [REGISTER](#)

### 2. Curious about Cannabis

Wed Nov 27 12:00 - 1:00 PM [REGISTER](#)

### 3. Introduction to Meditation

Wed Nov 13 4:00 - 5:00 PM [REGISTER](#)

### Taught by Dietitian

**1. Mindful Eating Part 1**

Wed Nov 20 10:00 –12:00 PM [REGISTER](#)

**2. Mindful Eating Part 2**

Wed Dec 4 10:00-12:00 PM [REGISTER](#)

**3. Beverages**

Tues Nov 5 3:00-4:30 PM [REGISTER](#)

### Special-Interest Classes

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

Wed Nov 27 1:30 - 2:30 PM [REGISTER](#)

**2. Gardening with Arthritis**

Returning Spring 2025

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

Fri Nov 15 1:30 - 2:30 PM [REGISTER](#)

**4. Ask Anything about Arthritis**

Tues Nov 5 10:00 - 11:00AM [REGISTER](#)

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