

## OASIS Webinars – March 2025

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

### 1. Managing Hip & Knee Arthritis

Tues Mar 11 10:00 – 11:30AM [REGISTER](#)

Mon Mar 24 5:00 – 6:30PM [REGISTER](#)

### 2. Pain Management

Tues Mar 4 3:00 – 5:00 PM [REGISTER](#)

### 3. Exercise & Arthritis

Thurs Mar 6 10:00 – 11:30AM [REGISTER](#)

Thurs Mar 20 5:00 – 6:30PM [REGISTER](#)

Fri Mar 28 10:00 – 11:30AM [REGISTER](#)

### 4. Nutrition, Supplements and Arthritis

Tues Mar 11 4:30 – 6:30PM [REGISTER](#)

Tues Mar 18 10:00 – 12:00PM [REGISTER](#)

## JOINT-SPECIFIC CLASSES

### 1. Hand Arthritis

Thurs Mar 6 1:30 – 3:00PM [REGISTER](#)

Mon Mar 31 10:00 – 11:30 AM [REGISTER](#)

### 2. Foot & Ankle Arthritis

Thurs Mar 20 1:30 – 3:00PM [REGISTER](#)

### 3. Osteoarthritis of the Spine

Wed Mar 12 10:00 – 11:30AM [REGISTER](#)

### 4. Shoulder Arthritis

Thurs Mar 13 10:00 – 11:30AM [REGISTER](#)

## ADDITIONAL CLASSES

**Taught by Registered Nurse**

### 1. Sleep and Stress Management

Tue Mar 11 3:00 – 5:00PM [REGISTER](#)

### 2. Curious about Cannabis

Wed Mar 12 4:00 – 5:00 PM [REGISTER](#)

### 3. Introduction to Meditation

Wed Mar 12 12:00 – 01:00 PM [REGISTER](#)

Mar 4, 2025

SCHEDULE CONTINUED BELOW

### Taught by Dietitian

**1. Mindful Eating Part 1**

Wed Mar 19 10:00 –12:00 PM [REGISTER](#)

**2. Mindful Eating Part 2**

Wed Mar 26 10:00 –12:00 PM [REGISTER](#)

**3. Beverages**

Thur Mar 20 10:00-11:30AM [REGISTER](#)

### Special-Interest Classes

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

Wed Mar 26 1:30 - 2:30 PM [REGISTER](#)

**2. Gardening with Arthritis**

Returning April 2025

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

Fri Mar 7 1:30 - 2:30 PM [REGISTER](#)

**4. Ask Anything about Arthritis**

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

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