

OASIS Webinars – April 2025

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

1. Managing Hip & Knee Arthritis

Tues Apr 1 1:00 – 2:30PM [REGISTER](#)
 Mon Apr 7 10:00 – 11:30AM [REGISTER](#)
 Wed Apr 23 5:00 – 6:30PM [REGISTER](#)

2. Pain Management

Wed April 2 5:00 – 7:00 PM [REGISTER](#)
 Wed April 16 10:00 – 12:00PM [REGISTER](#)
 Wed April 30 1:00 – 3:00PM [REGISTER](#)

3. Exercise & Arthritis

Fri Apr 11 1:30 – 3:00PM [REGISTER](#)
 Thurs Apr 17 5:00 – 6:30PM [REGISTER](#)
 Thurs Apr 24 10:00 - 11:30AM [REGISTER](#)

4. Nutrition, Supplements and Arthritis

Tues Apr 1 10:00 – 12:00PM [REGISTER](#)
 Tues Apr 8 4:30 – 6:30PM [REGISTER](#)

JOINT-SPECIFIC CLASSES

1. Hand Arthritis

Fri Apr 4 10:00 – 11:30 AM [REGISTER](#)
 Tues Apr 29 10:00 – 11:30 AM [REGISTER](#)

2. Foot & Ankle Arthritis

Wed Apr 9 10:00 – 11:30AM [REGISTER](#)

3. Osteoarthritis of the Spine

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

4. Shoulder Arthritis

Thurs Apr 17 10:00 – 11:30AM [REGISTER](#)

ADDITIONAL CLASSES

Taught by Registered Nurse

1. Sleep and Stress Management

Wed Apr 9 5:00 – 7:00PM [REGISTER](#)
 Wed Apr 23 10:00 – 12:00PM [REGISTER](#)

2. Curious about Cannabis

Wed Apr 30 4:00 – 5:00 PM [REGISTER](#)

3. Introduction to Meditation

Wed April 23 4:00 – 05:00 PM [REGISTER](#)

Taught by Dietitian

1. Mindful Eating Part 1

Wed Apr 9 10:00 –12:00 PM [REGISTER](#)

2. Mindful Eating Part 2

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

3. Beverages

Wed Apr 2 10:00-11:30AM [REGISTER](#)

Special-Interest Classes

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

Wed April 30 11:00 - 12:00 PM [REGISTER](#)

2. Gardening with Arthritis

Tues Apr 15 1:30 – 2:30PM [REGISTER](#)

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

Mon Apr 28 11:00-12:00 PM [REGISTER](#)

4. Ask Anything about Arthritis

Wed Apr 23 11:00 - 12:00PM [REGISTER](#)

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