

OASIS Webinars – May 2025

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

1. Managing Hip & Knee Arthritis

Mon May 5 10:00 – 11:30AM [REGISTER](#)
Wed May 14 5:00 – 6:30PM [REGISTER](#)
Mon May 26 10:00 11:30AM [REGISTER](#)

2. Pain Management

Wed May 14 5:00 – 7:00 PM [REGISTER](#)
Tues May 27 10:00 – 12:00PM [REGISTER](#)

3. Exercise & Arthritis

Thurs May 15 5:00 – 6:30PM [REGISTER](#)
Wed May 21 10:00 – 11:30AM [REGISTER](#)

4. Nutrition, Supplements and Arthritis

Tues May 20 4:30 – 6:30PM [REGISTER](#)

JOINT-SPECIFIC CLASSES

1. Hand Arthritis

Mon May 12 10:00 – 11:30AM [REGISTER](#)
Fri May 23 10:00 – 11:30 AM [REGISTER](#)

2. Foot & Ankle Arthritis

Tues May 6 10:00 – 11:30AM [REGISTER](#)

3. Osteoarthritis of the Spine

Wed May 14 10:00 – 11:30AM [REGISTER](#)

4. Shoulder Arthritis

Mon May 26 10:00 – 11:30AM [REGISTER](#)

ADDITIONAL CLASSES

Taught by Registered Nurse

1. Sleep and Stress Management

Tues May 6 1:00 – 3:00PM [REGISTER](#)
Wed May 21 5:00 – 7:00PM [REGISTER](#)

2. Curious about Cannabis

Thurs May 22 3:00 – 4:00PM [REGISTER](#)

3. Introduction to Meditation

Tues May 20 10:00 – 11:00AM [REGISTER](#)

Taught by Dietitian

1. Mindful Eating Part 1

Wed May 21 10:00 –12:00 PM [REGISTER](#)

2. Mindful Eating Part 2

Wed May 28 10:00 –12:00 PM [REGISTER](#)

Beverages

Thurs May 15 10:30-12:00PM [REGISTER](#)

Special-Interest Classes

1. Working from Home with Arthritis – Ergonomic Tips

Thurs May 22 11:00 – 12:00 PM [REGISTER](#)

2. Gardening with Arthritis

Thurs May 22 11:00 – 12:00PM [REGISTER](#)

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

Mon May 12 1:30 – 2:30 PM [REGISTER](#)

4. Ask Anything about Arthritis

Wed May 28 11:00 – 12:00PM [REGISTER](#)

Early Preparation for Surgery

A class for people who are considering or preparing for hip or knee replacement surgery.

Tues May 13 4:00 – 5:30 PM [REGISTER](#)

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