

OASIS Webinars – June 2025

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

1. Managing Hip & Knee Arthritis

Wed June 25 5:00 – 6:30PM [REGISTER](#)

2. Pain Management

Tues Jun 10 2:00 – 4:00 PM [REGISTER](#)

Wed Jun 25 1:00 – 3:00PM [REGISTER](#)

3. Exercise & Arthritis

Tues June 3 10:00 – 11:30AM [REGISTER](#)

Thurs June 19 5:00 – 6:30PM [REGISTER](#)

Wed June 25 10:00 – 11:30AM [REGISTER](#)

4. Nutrition, Supplements and Arthritis

Thurs June 12 3:00 – 5:00PM [REGISTER](#)

Tues June 24 10:30 – 12:30PM [REGISTER](#)

JOINT-SPECIFIC CLASSES

1. Hand Arthritis

Wed June 11 4:00 – 5:30 PM [REGISTER](#)

Thurs Jun 26 10:00 – 11:30 AM [REGISTER](#)

2. Foot & Ankle Arthritis

Thurs June 12 10:00 – 11:30AM [REGISTER](#)

3. Osteoarthritis of the Spine

Wed June 18 10:00 – 11:30AM [REGISTER](#)

4. Shoulder Arthritis

Tues June 17 1:30 – 3:00 PM [REGISTER](#)

ADDITIONAL CLASSES

Taught by Registered Nurse

1. Sleep and Stress Management

Wed Jun 4 10:00 – 12:00PM [REGISTER](#)

Wed Jun 18 4:00 – 6:00PM [REGISTER](#)

2. Curious about Cannabis

Thurs Jun 26 1:00 – 2:00PM [REGISTER](#)

3. Introduction to Meditation

Wed Jun 25 10:00 – 11:00AM [REGISTER](#)

Taught by Dietitian

1. Mindful Eating Part 1

Wed June 4 10:00 –12:00PM

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Tues June 17 4:30 –6:30PM

[REGISTER](#)

2. Mindful Eating Part 2

Wed June 18 10:00 –12:00 PM

[REGISTER](#)

Tues June 24 4:30 – 6:30PM

[REGISTER](#)

3. Beverages

Wed June 25 10:00 – 11:30AM

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Special-Interest Classes

1. Working from Home with Arthritis – Ergonomic Tips

Tues June 24 11:00 – 12:00 PM

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2. Gardening with Arthritis

Thurs June 26 1:30 – 2:30 PM

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

Mon June 2 1:30 – 2:30 PM

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4. Ask Anything about Arthritis

Tues June 24 1:00 – 2:00PM

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Early Preparation for Surgery

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

Fri June 13 10:00 – 11:30 AM

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Tues June 24 3:00– 4:30 PM

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