

## OASIS Webinars – September 2025

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

### 1. Managing Hip & Knee Arthritis

Wed Sept 10 1:00 – 2:30PM [REGISTER](#)

Wed Sept 24 5:00 – 6:30PM [REGISTER](#)

Mon Sept 29 10:00 – 11:30AM [REGISTER](#)

### 2. Pain Management

Wed Sept 10 4:00 – 6:00PM [REGISTER](#)

### 3. Exercise & Arthritis

Thurs Sept 11 5:00 – 6:30PM [REGISTER](#)

Fri Sept 26 10:00 – 11:00AM [REGISTER](#)

### 4. Nutrition and Arthritis

Tues Sept 2 4:00 – 6:00PM [REGISTER](#)

## JOINT-SPECIFIC CLASSES

### 1. Hand Arthritis

Wed Sept 3 1:00 – 2:30PM [REGISTER](#)

Thurs Sept 25 10:00 – 11:30AM [REGISTER](#)

### 2. Foot & Ankle Arthritis

Tues Sept 23 1:00 – 2:30PM [REGISTER](#)

### 3. Osteoarthritis of the Spine

Tues Sept 9 4:00 – 5:30PM [REGISTER](#)

### 4. Shoulder Arthritis

Tues Sept 2 10:00 – 11:30AM [REGISTER](#)

Mon Sept 15 10:00 – 11:30AM [REGISTER](#)

## ADDITIONAL CLASSES

### Taught by Registered Nurse

### 1. Sleep and Stress Management

Wed Sept 3 4:00 – 6:00PM [REGISTER](#)

### 2. Curious about Cannabis

Wed Sept 10 1:00 – 2:00PM [REGISTER](#)

### Taught by Dietitian

### 1. Mindful Eating Part 1

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

### 2. Mindful Eating Part 2

Wed Sept 17 10:00 – 12:00 PM [REGISTER](#)

### 3. Beverages

Thurs Sept 11 4:00-5:30PM [REGISTER](#)

### 4. Supplements and Arthritis

Tues Sept 16 3:30-5:00 PM [REGISTER](#)

### Special-Interest Classes

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

Wed Sept 24 1:00 – 2:00 PM [REGISTER](#)

#### 2. Gardening with Arthritis

Thurs Sept 4 10:00 –11:00AM [REGISTER](#)

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

Mon Sept 8 1:30 – 2:30 PM [REGISTER](#)

#### 4. Ask Anything about Arthritis

Wed Sept 10 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 Sept 9 2:00 – 3:30 PM [REGISTER](#)

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