

OASIS Webinars – Nov 2024

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

1. Managing Hip & Knee Arthritis

Wed Nov 6 5:00 – 6:30PM [REGISTER](#)
Wed Nov 13 1:00 – 2:30PM [REGISTER](#)
Fri Nov 29 10:00 – 11:30AM [REGISTER](#)

2. Pain Management

Tues Nov 5 3:00 – 5:00 PM [REGISTER](#)
Wed Nov 20 4:00 – 6:00 PM [REGISTER](#)

3. Exercise & Arthritis

Mon Nov 4 1:00 – 2:30PM [REGISTER](#)
Thurs Nov 14 5:00 – 6:30PM [REGISTER](#)
Wed Nov 27 10:00 – 11:30AM [REGISTER](#)

4. Nutrition, Supplements and Arthritis

Tues Nov 12 1:00 – 3:00PM [REGISTER](#)
Tues Nov 26 10:00- 12:00PM [REGISTER](#)

JOINT-SPECIFIC CLASSES

1. Hand Arthritis

Tues Nov 12 10:00-11:30AM [REGISTER](#)
Mon Nov 18 1:00-2:30PM [REGISTER](#)

2. Foot & Ankle Arthritis

Wed Nov 6 10:00-11:30AM [REGISTER](#)

3. Osteoarthritis of the Spine

Tues Nov 5 1:00 – 2:30PM [REGISTER](#)
Tues Nov 26 10:00-11:30AM [REGISTER](#)

4. Shoulder Arthritis

Thurs Nov 14 10:00-11:30AM [REGISTER](#)
Thurs Nov 28 1:00-2:30PM [REGISTER](#)

ADDITIONAL CLASSES

Taught by Registered Nurse

1. Sleep and Stress Management

Tues Nov 12 3:00 - 5:00 PM [REGISTER](#)
Tues Nov 26 5:00 - 7:00 PM [REGISTER](#)

2. Curious about Cannabis

Wed Nov 27 12:00 - 1:00 PM [REGISTER](#)

3. Introduction to Meditation

Wed Nov 13 4:00 - 5:00 PM [REGISTER](#)

Taught by Dietitian

1. Mindful Eating Part 1

Wed Nov 20 10:00 –12:00 PM [REGISTER](#)

2. Mindful Eating Part 2

Wed Dec 4 10:00-12:00 PM [REGISTER](#)

3. Beverages

Tues Nov 5 3:00-4:30 PM [REGISTER](#)

Special-Interest Classes

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

Wed Nov 27 1:30 - 2:30 PM [REGISTER](#)

2. Gardening with Arthritis

Returning Spring 2025

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

Fri Nov 15 1:30 - 2:30 PM [REGISTER](#)

4. Ask Anything about Arthritis

Tues Nov 5 10:00 - 11:00AM [REGISTER](#)

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