

## OASIS Webinars – Dec 2024

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

### 1. Managing Hip & Knee Arthritis

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

Tues Dec 10 5:00 – 6:30PM [REGISTER](#)

### 2. Pain Management

Wed Dec 4 3:00 – 5:00 PM [REGISTER](#)

Thurs Dec 19 1:00 – 3:00 PM [REGISTER](#)

### 3. Exercise & Arthritis

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

Tues Dec 10 10:00 - 11:30AM [REGISTER](#)

Mon Dec 23 1:00 – 2:30PM [REGISTER](#)

### 4. Nutrition, Supplements and Arthritis

Wed Dec 11 10:00 - 12:00PM [REGISTER](#)

## JOINT-SPECIFIC CLASSES

### 1. Hand Arthritis

Mon Dec 16 1:30 – 3:00 PM [REGISTER](#)

Wed Dec 18 5:00 - 6:30PM [REGISTER](#)

### 2. Foot & Ankle Arthritis

Thurs Dec 5 10:00-11:30AM [REGISTER](#)

### 3. Osteoarthritis of the Spine

Thurs Dec 19 10:00-11:30AM [REGISTER](#)

### 4. Shoulder Arthritis

Fri Dec 20 10:00-11:30AM [REGISTER](#)

## ADDITIONAL CLASSES

### Taught by Registered Nurse

### 1. Sleep and Stress Management

Wed Dec 11 10:00 -12:00PM [REGISTER](#)

### 2. Curious about Cannabis

Wed Dec 18 3:00 - 4:00 PM [REGISTER](#)

### 3. Introduction to Meditation

Thurs Dec 5 2:00 - 3:00 PM [REGISTER](#)

## Taught by Dietitian

### 1. Mindful Eating Part 1

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

### 2. Mindful Eating Part 2

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

Thurs Dec12 3:00 –5:00 PM [REGISTER](#)

### 3. Beverages

Tues Dec 3 10:30-12:00 PM [REGISTER](#)

## Special-Interest Classes

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

Mon Dec 23 10:00 - 11:00 AM [REGISTER](#)

### 2. Gardening with Arthritis

Returning Spring 2025

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

Mon Dec 2 1:30 - 2:30 PM [REGISTER](#)

### 4. Ask Anything about Arthritis

Mon Dec 2 10:00 - 11:00AM [REGISTER](#)

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