

## OASIS Webinars – April 2021

### 1. Steps to Success – Small Group Sessions

Mon April 12, 2021 10:00 AM -11:00 AM – click [here](#) to register

### 2. Managing Hip & Knee Osteoarthritis

Wed April 7, 2021 10.00 AM -11.00 AM – click [here](#) to register

Mon April 19, 2021 4.30 PM -5.30 PM – click [here](#) to register

Wed April 28, 2021 1:00 PM- 2:00 PM – click [here](#) to register

### 3. Exercise & Arthritis

Wed April 14, 2021 4:00-5:00 PM, click [here](#) to register

Fri April 23, 2021 1.30-2.30 PM, click [here](#) to register

Thurs April 29, 2021 10.00-11.00 AM, click [here](#) to register

### 4. Pain Management

Tue Apr 13th, 2021 1:00-3:00 PM – click [here](#) to register

Tue Apr 27th, 2021 10:00-12:00 PM - click [here](#) to register

### 5. Nutrition, Supplements & Arthritis

Tues. April 6, 2021 4:00 PM-6:00 PM – [here](#) to register

Thurs. April 15 2021 1:00 PM -3:00 PM click [here](#) to register

Tues April 27, 2021 1:00 PM – 3:00 PM click [here](#) to register

### 6. Mindful Eating Part 1

Tues, April 13, 2021 4:00 PM-6:00 PM click [here](#) to register

Thurs. April 22, 2021 1:00 PM -3:00 PM click [here](#) to register

### 7. Mindful Eating Part 2

Thurs April 8, 2021 1:00 PM -3:00 PM, click [here](#) to register

Tues April 20, 2021 4:00 PM-6:00 PM click [here](#) to register

Thurs April 29, 2021 1:00 PM -3:00 PM [here](#) to register

### 8. Sleep and Stress Management

Tues Apr 6th, 2021 10:00 AM-12:00 PM, click [here](#) to register

Wed Apr 21st, 2021 4:00 PM- 6:00 PM, click [here](#) to register

After registering, you will receive an email containing information about joining your appointment. Please note that you do **not** need to download Zoom in order to participate – the platform can be accessed through your web browser.

**9. Hand Osteoarthritis**

Thurs April 1, 2021 1:30 PM – 3:00 PM, click [here](#) to register

Mon April 12, 2021 4:30 PM – 6:00 PM, click [here](#) to register

Wed April 28, 2021 10:00 AM – 11:30 AM, click [here](#) to register

**10. Foot & Ankle Osteoarthritis**

Thurs April 8, 2021 10:00 AM – 11:00 AM, click [here](#) to register

Fri April 16, 2021 10:00 AM – 11:00 AM, click [here](#) to register

Fri April 23, 2021 10:00 AM – 11:00 AM, click [here](#) to register

**11. Shoulder Osteoarthritis**

Wed April 7, 2021 10:00 AM – 11:00 AM, click [here](#) to register

Thurs April 22, 2021 10:00 AM – 11:00 AM, click [here](#) to register

**12. Curious about Cannabis**

Wed Apr.7th, 2021 1:00 PM-2:00 PM, click [here](#) to register

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

Tues April 20, 2021 10:00 AM -11:00 AM, click [here](#) to register

**14. Gardening and Arthritis**

Thurs April 15 2021 10:00 AM – 11:00 AM, click [here](#) to register

**15. Virtual Pole Walking**

Tues April 13, 2021 10:00 AM - 11:00 AM, click [here](#) to register

Fri April 30, 2021 1:00 PM - 2:00 PM, click [here](#) to register