

OASIS Webinars – April 2023

CORE CLASSES

1. Managing Hip & Knee Arthritis

- Tues Apr 4 4:30 – 6:00 PM – click [here](#) to register
Tues Apr 11 10:00 – 11:30 AM – click [here](#) to register
Tues Apr 18 10:00 – 11:30 AM – click [here](#) to register

2. Exercise & Arthritis

- Tues Apr 4 10:00 – 11:30 AM – click [here](#) to register
Tues Apr 18 4:30 – 6:00 PM - click [here](#) to register
Fri Apr 28 1:30 – 3:00 PM – click [here](#) to register

3. Pain Management

- Tues Apr 11 3:00 – 5:00 PM - click [here](#) to register
Tues Apr 25 10:00 AM - 12:00 PM - click [here](#) to register

4. Nutrition, Supplements & Arthritis

- Wed Apr 26 10:00 AM - 12:00 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.

MORE CLASSES

1. Sleep and Stress Management

- Tue Apr 4 10:00 AM - 12:00 PM - click [here](#) to register
Tue Apr 18 1:00 -3:00 PM - click [here](#) to register

2. Hand Arthritis

- Tues Apr 4 1:30 – 3:00 PM – click [here](#) to register
Thur Apr 13 10:00 – 11:00 AM – click [here](#) to register
Tues Apr 24 4:30 – 6:00 PM - click [here](#) to register

3. Foot & Ankle Arthritis

- Mon Apr 17 1:30 – 3:00 PM - click [here](#) to register

4. Shoulder Arthritis

- Thur Apr 6 10:00 – 11:00 AM – click [here](#) to register
Mon Apr 24 1:30 – 3:00 PM – click [here](#) to register

5. Osteoarthritis of the Spine

- Tues Apr 11 10:00 – 11:30 AM - click [here](#) to register

SCHEDULE CONTINUED BELOW

6. Mindful Eating Part 1

Tues Apr 18 4:00 - 6:00 PM - click [here](#) to register

7. Mindful Eating Part 2

Tues Apr 25 4:00 – 6:00 PM - click [here](#) to register

8. Beverages: What are you Drinking?

Wed Apr 19 10:00 – 11:00 AM - click [here](#) to register

9. Curious about Cannabis

Thur Apr 27 1:00 - 2:00 PM - click [here](#) to register

10. Introduction to Meditation

Thur April 13 3:00 - 4:00 PM - click [here](#) to register

11. Working from Home with Arthritis – Ergonomic Tips!

Wed Apr 5 10:00 - 11:00 AM - click [here](#) to register

12. Virtual Pole Walking

Tues Apr 11 1:30 - 2:30 PM - click [here](#) to register

13. Ask Anything

Mon Apr 24 10:00 – 11:00 AM – click [here](#) to register – Physiotherapist and Occupational Therapist

Learn more about OASIS classes at oasis.vch.ca, [Our Classes](#)