

OASIS Webinars – Aug 2022

CORE CLASSES

1. Managing Hip & Knee Osteoarthritis

Wed Aug 10, 2022 4:30 – 6:00 PM – click [here](#) to register

Tues Aug 16, 2022 10:00 – 11:30 AM – click [here](#) to register

Wed Aug 31, 2022 10:00 – 11:30 AM – click [here](#) to register

2. Exercise & Arthritis

Thurs Aug 11, 2022 10:00 – 11:30 PM - click [here](#) to register

Tues Aug 23, 2022 1:30 – 3:00 PM - click [here](#) to register

3. Pain Management

Tues Aug 2nd, 2022 10:00 - 12:00 PM - click [here](#) to register

Tues Aug 30th, 2022 1:00 - 3:00 PM - click [here](#) to register

4. Nutrition, Supplements & Arthritis

Thurs Aug 4, 2022 1:00 – 3:00 PM – [here](#) to register

Thurs Aug 18 2022 3:00 - 5:00 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

5. Hand Arthritis

Wed Aug 10, 2022 1:00 – 2:30 PM – click [here](#) to register

Fri Aug 19, 2022 10:00 – 11:30 AM - click [here](#) to register

6. Foot & Ankle Arthritis

Fri Aug 12, 2022 10:00 – 11:30 AM - click [here](#) to register

7. Shoulder Arthritis

Tues Aug 2, 2022 1:30 – 2:30 PM – click [here](#) to register

8. Osteoarthritis of the Spine

Thurs Aug 18, 2022 10:00 – 11:30 AM - click [here](#) to register

9. Mindful Eating Part 1

Tues Aug 2, 2022 1:00 - 3:00 PM - click [here](#) to register

Tues Aug 16, 2022 4:00 - 6:00 PM - click [here](#) to register

SCHEDULE CONTINUED BELOW

10. Mindful Eating Part 2

Tues Aug 9, 2022 1:00 - 3:00 PM - click [here](#) to register

11. Beverages: What are you Drinking?

Wed Aug 10, 2022 1:00 – 2:15 PM - click [here](#) to register

12. Sleep and Stress Management

Wed Aug 3rd, 2022 1:00 - 3:00 PM - click [here](#) to register

13. Curious about Cannabis

Weds Aug 31st, 2022 10:00 - 11:00 AM - click [here](#) to register

14. Introduction to Meditation

Tues Aug 9th, 2022 2:00 - 3:00 PM - click [here](#) to register

15. Working from Home with Arthritis – Ergonomic Tips!

Thurs Aug 25, 2022 10:00 - 11:00 AM - click [here](#) to register

16. Gardening & Arthritis

Offered Sept 2022

17. Virtual Pole Walking

Mon Aug 22, 2022 10:00 - 11:00 AM - click [here](#) to register

18. Ask Anything

Wed Aug 24, 2022 10:00 – 11:00 AM – click [here](#) to register – Physiotherapist and Occupational therapist

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