

## OASIS Webinars – December 2023

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

#### 1. Managing Hip & Knee Arthritis

Wed Dec 6 10:30 – 12:00 PM – click [here](#) to register  
Mon Dec 18 10:00 – 11:30 AM – click [here](#) to register

#### 2. Exercise & Arthritis

Thurs Dec 7 10:00 – 11:30 AM – click [here](#) to register  
Fri Dec 22 10:00 – 11:30 AM – click [here](#) to register

#### 3. Pain Management

Wed Dec 6 1:00 – 3:00 PM - click [here](#) to register  
Tue Dec 19 3:00 – 5:00 PM - click [here](#) to register

#### 4. Nutrition, Supplements & Arthritis

Thurs Dec 14 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 – additional information and other joints

#### 1. Hand Arthritis

Wed Dec 20 10:00 – 11:30 AM – click [here](#) to register

#### 2. Sleep and Stress Management

Wed Dec 13 10:00 - 12:00 PM - click [here](#) to register

#### 3. Osteoarthritis of the Spine

Wed Dec 13 10:00 – 11:30 AM - click [here](#) to register

#### 4. Foot & Ankle Arthritis

Mon Dec 18 1:00 – 2:30 PM – click [here](#) to register

#### 5. Shoulder Arthritis

Tues Dec 19 10:00 – 11:30 AM – click [here](#) to register

#### 6. Curious about Cannabis

Wed Dec 6 5:00 - 6:00 PM - click [here](#) to register

**Schedule continued below...**

**7. Introduction to Meditation**

Tues Dec 5      3:00 - 4:00 PM - click [here](#) to register

**8. Beverages, What are you Drinking?**

Wed Dec 6      10:30 - 12:00 PM - click [here](#) to register

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

Wed Dec 13      10:30 - 11:30 AM - click [here](#) to register

**10. Virtual Pole Walking**

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

**11. Ask Anything about Arthritis**

Tues Dec 12      1:30 - 2:30 PM - click [here](#) to register

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