

OASIS Webinars – December 2021

CORE CLASSES

1. Managing Hip & Knee Osteoarthritis

Thurs Dec 9, 2021 4:30 – 6:00 PM – click [here](#) to register

Tues Dec 14, 2021 10:00 – 11:30 AM – click [here](#) to register

2. Exercise & Arthritis

Thurs Dec 2, 2021 1:30 – 2:30 PM – click [here](#) to register

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

3. Pain Management

Wed Dec 8, 2021 4:00 - 6:00 PM - click [here](#) to register

Tue Dec 21, 2021 1:00 - 3:00 PM - click [here](#) to register

4. Nutrition, Supplements & Arthritis

Tues Dec 14, 2021 4:00 – 6:00 PM – [here](#) to register

Thurs Dec 23, 2021 1:00 - 3:00 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. Beverages: What are you Drinking?

Thurs Dec 16, 2021 2:00 – 3:30pm

6. Hand Arthritis

Tues Dec 7, 2021 10:00 – 11:30 AM, click [here](#) to register

Mon Dec 20, 2021 10:00 – 11:30 AM, click [here](#) to register

7. Foot & Ankle Osteoarthritis

Fri Dec 3, 2021 10:00 - 11:30 AM, click [here](#) to register

8. Shoulder Osteoarthritis

Wed Dec 1, 2021 10:00 – 11:00 AM, click [here](#) to register

9. Osteoarthritis of the Spine

Wed Dec 8, 2021 10:00-11:30 AM, click [here](#) to register

10. Mindful Eating Part 1

Tues Dec 7, 2021 3:00 - 5:00 PM click [here](#) to register

11. Mindful Eating Part 2

Tues Dec 21, 2021 3:00 - 5:00 PM click [here](#) to register

11. Virtual Pole Walking

Tues Dec 7, 2021 1:30 - 2:30 PM, click [here](#) to register

12. Sleep and Stress Management

Tues Dec 14th, 2021 1:00 - 3:00 PM, click [here](#) to register

13. Curious about Cannabis

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

14. Introduction to Meditation

Tues Dec 7, 2021 12:00 - 1:00 PM click [here](#) to register

15. Ask Anything

Wed Dec 1, 2021 10:00 – 11:00 AM, click [here](#) to register – Dietitian and Occupational therapist

Wed Dec 8, 2021 10:00 – 11:00 AM, click [here](#) to register – Physiotherapist and Occupational therapist