

OASIS Webinars – February 2024

CORE CLASSES - get the most important information for managing arthritis

1. Managing Hip & Knee Arthritis

Tues Feb 6 1:00 – 2:30 PM – click [here](#) to register
Wed Feb 14 10:30 – 12:00 PM – click [here](#) to register
Tues Feb 27 5:00 – 6:30 PM – click [here](#) to register

2. Exercise & Arthritis

Thurs Feb 15 10:00 – 11:30 AM – click [here](#) to register
Tues Feb 27 1:30 – 3:00 PM – click [here](#) to register

3. Pain Management

Wed Feb 14 1:00 – 3:00 PM - click [here](#) to register
Tues Feb 27 10:00 – 12:00 PM - click [here](#) to register

4. Nutrition, Supplements and Arthritis

Thurs Feb 15 4:30 – 6:30 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 Feb 14 10:00 – 11:30 AM - click [here](#) to register
Wed Feb 28 1:30 – 3:00 PM – click [here](#) to register

2. Sleep and Stress Management

Tues Feb 6 3:00 – 5:00 PM - click [here](#) to register
Wed Feb 21 10:00 – 12:00 PM - click [here](#) to register

3. Osteoarthritis of the Spine

Fri Feb 23 10:00 – 11:30 AM - click [here](#) to register

4. Foot & Ankle Arthritis

Tues Feb 13 1:30 – 3:00 PM – click [here](#) to register

5. Shoulder Arthritis

Wed Feb 7 1:30 – 3:00 PM – click [here](#) to register

Schedule continued below

6. Curious about Cannabis

Wed Feb 7 3:00 - 4:00 PM - click [here](#) to register

7. Mindful Eating Part 2

Tues Feb 6 3:00 - 5:00 PM - click [here](#) to register

8. Beverages. What are you Drinking?

Wed Feb 21 10:00AM – 11:30AM - click [here](#) to register

9. Mindful Eating Part 1

Thurs Feb 29 4:30 – 6:30 PM - click [here](#) to register

10. Introduction to Meditation

Tues Feb 20 1:00 - 2:00 PM - click [here](#) to register

11. Working from Home with Arthritis – Ergonomic Tips

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

12. Walking More Comfortably –Pole Walking, Footwear and Other Tips

Fri Feb 23 1:30 - 2:30 PM - click [here](#) to register

13. Ask Anything about Arthritis

Wed Feb 14 1:30 - 2:30 PM - click [here](#) to register

Learn more about OASIS classes at oasis.vch.ca, Our Classes