

OASIS Webinars – Feb 2023

CORE CLASSES

1. Managing Hip & Knee Arthritis

Tues Feb 14, 1:00 – 2:30 PM – click [here](#) to register
Fri Feb 24, 10:00 – 11:30 AM – click [here](#) to register
Tue Feb 28, 4:30 – 6:00 PM – click [here](#) to register

2. Exercise & Arthritis

Thurs Feb 9, 10:00 – 11:30 AM – click [here](#) to register
Tues Feb 21, 4:30 – 6:00 PM - click [here](#) to register

3. Pain Management

Wed Feb 1, 1:00 - 3:00 PM - click [here](#) to register
Wed Feb 15, 4:00 - 6:00 PM - click [here](#) to register

4. Nutrition, Supplements & Arthritis

Thurs Feb 2, 4:00 PM - 6:00 PM - click [here](#) to register
Tues Feb 14, 2:00 PM - 4:00 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

Wed Feb 8, 4:00 - 6:00 PM - click [here](#) to register
Thurs Feb 23, 1:00 - 3:00 PM - click [here](#) to register

2. Hand Arthritis

Tues Feb 7, 4:30 – 6:00 PM - click [here](#) to register
Tues Feb 28, 1:30 – 3:00 PM – click [here](#) to register

3. Foot & Ankle Arthritis

Tues Feb 28, 10:00 – 11:30 AM - click [here](#) to register

4. Shoulder Arthritis

Mon Feb 27, 1:30 – 3:00 PM – click [here](#) to register

5. Osteoarthritis of the Spine

Thurs Feb 16, 4:00 – 5:30 PM - click [here](#) to register

SCHEDULE CONTINUED BELOW

Jan 20, 2023

6. Mindful Eating Part 1

Wed Feb 15 10:00 AM -12:00 PM - click [here](#) to register

7. Mindful Eating Part 2

Wed Feb 22, 10:00 AM – 12:00 PM - click [here](#) to register

8. Beverages: What are you Drinking?

Tues Feb 7, 5:00 PM – 6:00 PM - click [here](#) to register

9. Curious about Cannabis

Wed Feb 22, 10:00AM- 1:00 AM - click [here](#) to register

10. Introduction to Meditation

Wed Feb 22, 1:00 PM - 2:00 PM - click [here](#) to register

11. Working from Home with Arthritis – Ergonomic Tips!

Thurs Feb 16, 10:00 - 11:00 AM - click [here](#) to register

12. Virtual Pole Walking

Tues Feb 7, 1:00 - 2:00 PM - click [here](#) to register

13. Ask Anything

Wed Feb 8, 10:00 - 11:00 AM - click [here](#) to register – Physiotherapist and Occupational Therapist

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