

## OASIS Webinars – Jan 2023

### CORE CLASSES

- 1. Managing Hip & Knee Osteoarthritis**  
Tues Jan 10, 10:00 – 11:30 AM – click [here](#) to register  
Tues Jan 17, 4:30 – 6:00 PM – click [here](#) to register  
Mon Jan 30, 10:00 – 11:30 AM – click [here](#) to register
- 2. Exercise & Arthritis**  
Wed Jan 4, 10:00 – 11:30 AM - click [here](#) to register  
Mon Jan 16, 1:30 – 3:00 PM – click [here](#) to register  
Fri Jan 27, 10:00 – 11:30 PM – click [here](#) to register
- 3. Pain Management**  
Tues Jan 17, 10:00 - 12:00 PM - click [here](#) to register
- 4. Nutrition, Supplements & Arthritis**  
Tues Jan 17 2:00 - 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**  
Thurs Jan 12, 10:00 - 12:00 PM - click [here](#) to register  
Wed Jan 25, 1:00 - 3:00 PM - click [here](#) to register
- 2. Hand Arthritis**  
Wed Jan 11, 10:00 – 11:30 AM - click [here](#) to register  
Fri Jan 20, 12:30 – 2:00 PM – click [here](#) to register  
Mon Jan 30, 1:30 – 3:00 PM – click [here](#) to register
- 3. Foot & Ankle Arthritis**  
Tues Jan 17, 10:00 – 11:30 AM - click [here](#) to register
- 4. Shoulder Arthritis**  
Tues Jan 31, 10:00 – 11:00 AM – click [here](#) to register
- 5. Osteoarthritis of the Spine**  
Tues Jan 17, 10:00 – 11:30AM - click [here](#) to register

SCHEDULE CONTINUED BELOW

**6. Mindful Eating Part 1**

Tues Jan 10 4:00-6:00 PM - click [here](#) to register

**7. Mindful Eating Part 2**

Tues Jan 31, 4:00 PM – 6:00 PM - click [here](#) to register

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

Wed Jan18, 11:00 AM – 12 PM - click [here](#) to register

**9. Curious about Cannabis**

Tues Jan 24, 3:00 - 4:00 PM - click [here](#) to register

**10. Introduction to Meditation**

Wed Jan 18, 11:00 AM - 12:00 PM - click [here](#) to register

**11. Working from Home with Arthritis – Ergonomic Tips!**

Wed Jan 11, 10:00 - 11:00 AM - click [here](#) to register

**12. Virtual Pole Walking**

Fri Jan 20, 10:00 - 11:00 AM - click [here](#) to register

**13. Ask Anything**

Next class – Feb 2023

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