

## OASIS Webinars – July 2022

### CORE CLASSES

#### 1. Managing Hip & Knee Osteoarthritis

Wed July 6, 2022 10:00 – 11:30 AM – click [here](#) to register

Thurs July 14, 2022 10:00 – 11:30 AM – click [here](#) to register

#### 2. Exercise & Arthritis

Mon July 4, 2022 4:00 – 5:30 PM - click [here](#) to register

Tues July 19, 2022 1:30 – 3:00 PM - click [here](#) to register

Tues July 26, 2022 9:00 – 10:30 AM – click [here](#) to register

#### 3. Pain Management

Wed July 6th, 2022 1:00 - 3:00 PM - click [here](#) to register

#### 4. Nutrition, Supplements & Arthritis

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

Tues July 26, 2022 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. Hand Arthritis

Tues July 12, 2022 10:00 – 11:30 AM - click [here](#) to register

#### 6. Foot & Ankle Arthritis

Tues July 5, 2022 1:30 – 3:00 PM - click [here](#) to register

#### 7. Shoulder Arthritis

Fri July 8, 2022 10:00 – 11:00 AM – click [here](#) to register

#### 8. Osteoarthritis of the Spine

Fri July 29, 2022 9:00 – 10:30 AM - click [here](#) to register

#### 9. Mindful Eating Part 1

Thurs July 21, 2022 1:00 - 3:00 PM - click [here](#) to register

**10. Mindful Eating Part 2**

Tues July 12 2022 3:00 - 5:00 PM - click [here](#) to register

Thurs July 28, 2022 1:00 - 3:00 PM - click [here](#) to register

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

Wed July 13, 2022 10:00 – 11:15 PM - click [here](#) to register

**12. Sleep and Stress Management**

Wed July 13, 2022 3:00 - 5:00 PM - click [here](#) to register

**13. Curious about Cannabis**

Tues July 5, 2022 3:00 - 4:00 PM - click [here](#) to register

**14. Introduction to Meditation**

Tues July 12, 2022 2:00 - 3:00 PM - click [here](#) to register

**15. Ask Anything**

Thurs July 7, 2022 10:00 – 11:00 AM - click [here](#) to register – Physiotherapists

Wed July 27, 2022 2:00 – 3:00 PM – click [here](#) to register – Dietician and Physiotherapist

Learn more about OASIS classes at <http://oasis.vch.ca/our-classes/>