

OASIS Webinars – July 2022

CORE CLASSES

- 1. Managing Hip & Knee Osteoarthritis**
Thurs July 14, 2022 10:00 – 11:30 AM – click [here](#) to register
- 2. Exercise & Arthritis**
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**
Please refer to August calendar
- 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**
Please refer to August calendar
- 7. Shoulder Arthritis**
Thurs July 14, 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

(Calendar continued below)

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

Please refer to August calendar

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/>