

## OASIS Webinars – June 2022

### CORE CLASSES

**1. Managing Hip & Knee Osteoarthritis**

Wed June 15, 2022 10:00 – 11:30 AM – click [here](#) to register

Wed June 22, 2022 4:30 – 6:00 PM – click [here](#) to register

**2. Exercise & Arthritis**

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

Wed June 29, 2022 10:00 – 11:30 AM - click [here](#) to register

**3. Pain Management**

Tues June 7th, 2022 1:00 - 3:00 PM - click [here](#) to register

Tues June 21st, 2022 3:00 - 5:00 PM - click [here](#) to register

**4. Nutrition, Supplements & Arthritis**

Tues June 7, 2022 4:00 – 6:00 PM – [here](#) to register

Thurs June 16, 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**

Wed June 8, 2022 10:00 – 11:30 AM - click [here](#) to register

Mon June 20, 2022 10:00 – 11:30 AM - click [here](#) to register

**6. Foot & Ankle Arthritis**

Fri June 17, 2022 10:00 – 11:30 AM - click [here](#) to register

**7. Shoulder Arthritis**

Wed June 1, 2022 10:00 – 11:00 AM – click [here](#) to register

Wed June 22, 2022 1:00 – 2:00 PM – click [here](#) to register

**8. Osteoarthritis of the Spine**

Wed June 8, 2022 10:00 – 11:30 AM - click [here](#) to register

Tues June 28, 2022 1:30 – 3:00 PM – click [here](#) to register

**9. Mindful Eating Part 1**

Thurs June 2, 2022 4:00 - 6:00 PM - click [here](#) to register

Tues June 14, 2022 3:00 - 5:00 PM - click [here](#) to register

**10. Mindful Eating Part 2**

Thurs June 9, 2022 4:00 - 6:00 PM - click [here](#) to register

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

Wed June 8, 2022 2:00 – 3:15 PM - click [here](#) to register

**12. Sleep and Stress Management**

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

Tues June 14, 2022 1:00 - 3:00 PM - click [here](#) to register

Wed June 29, 2022 10:00 - 12:00 PM - click [here](#) to register

**13. Curious about Cannabis**

Wed June 8th, 2022 1:00 - 2:00 PM - click [here](#) to register

**14. Introduction to Meditation**

Wed June 15th, 2022 3:00 - 4:00 PM - click [here](#) to register

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

Wed June 1, 2022 1:00 - 2:00 PM - click [here](#) to register

**16. Virtual Pole Walking**

Fri June 10, 2022 1:30 - 2:30 PM - click [here](#) to register

**17. Ask Anything**

Thurs June 2nd, 2022 1:00 – 2:00 PM - click [here](#) to register – Registered Nurse and Dietitian

Tues June 21, 2022 10:00 – 11:00 AM – click [here](#) to register – Occupational therapist and  
Physiotherapist

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