

## OASIS Webinars – June 2023

### CORE CLASSES

#### 1. Managing Hip & Knee Arthritis

- Wed June 7 1:00 – 2:30 PM – click [here](#) to register  
Mon June 19 4:30 – 6:00 PM – click [here](#) to register  
Mon June 26 10:00 – 11:30 AM – click [here](#) to register

#### 2. Exercise & Arthritis

- Wed June 7 4:30 – 6:00 PM – click [here](#) to register  
Tues June 13 1:30 – 3:00 PM – click [here](#) to register  
Thurs June 29 10:00 – 11:30 PM – click [here](#) to register

#### 3. Pain Management

- Tues June 6 10:00 – 12:00 PM - click [here](#) to register  
Thur June 22 1:00 PM - 3:00 PM - click [here](#) to register

#### 4. Nutrition, Supplements & Arthritis

- Fri June 16 1:00 PM - 3:00 PM - click [here](#) to register  
Thurs June 29 4:00 PM - 6:00 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

- Thur June 1 1:00 PM - 3:00 PM - click [here](#) to register  
Tue June 13 3:00 -5:00 PM - click [here](#) to register  
Wed June 28 10:00 -12:00 PM - click [here](#) to register

#### 2. Hand Arthritis

- Tues June 6 10:0 – 11:30 AM – click [here](#) to register  
Thurs June 15 1:30 – 3:00 PM – click [here](#) to register  
Wed June 28 4:30 – 6:00 PM – click [here](#) to register

#### 3. Foot & Ankle Arthritis

- Mon June 26 1:30 – 3:00 PM - click [here](#) to register

#### 4. Shoulder Arthritis

- Thur June 1 10:00 – 11:30 AM – click [here](#) to register  
Fri June 23 1:30 – 3:00 PM – click [here](#) to register

#### 5. Osteoarthritis of the Spine

- Mon June 5 1:30 – 3:00 PM - click [here](#) to register

**6. Mindful Eating Part 1**

Wed June 14 10:00 AM – 12:00 PM - click [here](#) to register

**7. Mindful Eating Part 2**

Wed June 28 10:00 AM – 12:00 PM - click [here](#) to register

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

Tues June 27 3:00 – 4:00 PM - click [here](#) to register

**9. Curious about Cannabis**

Wed June 21 1:00 - 2:00 PM - click [here](#) to register

**10. Introduction to Meditation**

Wed June 21 10:00 - 11:00 PM - click [here](#) to register

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

Thurs June 29 10:00 - 11:00 AM - click [here](#) to register

**12. Gardening & Arthritis**

Thurs June 8 10:00 – 11:00 AM - click [here](#) to register

**13. Virtual Pole Walking**

Fri June 23 10:00 -11:00 AM - click [here](#) to register

**14. Ask Anything**

Mon June 19 1:30 – 2:30 PM – click [here](#) to register – Physiotherapist and Occupational Therapist

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