

OASIS Webinars – March 2023

CORE CLASSES

1. Managing Hip & Knee Arthritis

Mon Mar 6, 10:00 – 11:30 AM – click [here](#) to register

Mon Mar 13, 4:30 – 6:00 PM – click [here](#) to register

Wed Mar 29, 1:00 – 2:30 PM – click [here](#) to register

2. Exercise & Arthritis

Fri Mar 3, 1:30 – 3:00 PM – click [here](#) to register

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

Thurs Mar 23, 4:30 – 6:00 PM - click [here](#) to register

3. Pain Management

Wed Mar 1, 10:00 AM - 12:00 PM - click [here](#) to register

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

Wed Mar 29, 4:00 - 6:00 PM - click [here](#) to register

4. Nutrition, Supplements & Arthritis

Thurs Mar 9, 3:00 PM - 5:00 PM - click [here](#) to register

Thurs Mar 30, 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

Tue Mar 7, 4:00 - 6:00 PM - click [here](#) to register

2. Hand Arthritis

Tues Mar 14, 4:30 – 6:00 PM – click [here](#) to register

Tues Mar 21, 1:00 – 2:30 PM - click [here](#) to register

3. Foot & Ankle Arthritis

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

4. Shoulder Arthritis

Wed Mar 22, 1:30 – 3:00 PM – click [here](#) to register

5. Osteoarthritis of the Spine

Mon Mar 6, 10:00 – 11:30 AM - click [here](#) to register

Fri Mar 24, 1:30 – 3:00 PM – click [here](#) to register

SCHEDULE CONTINUED BELOW

6. Mindful Eating Part 1

Tues Mar 14 4:30 PM -6:30 PM - click [here](#) to register

7. Mindful Eating Part 2

Tues Mar 21 , 4:30 PM – 6:30 PM - click [here](#) to register

8. Beverages: What are you Drinking?

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

9. Curious about Cannabis

Tue Mar 28, 4:00PM- 5:00 PM - click [here](#) to register

10. Introduction to Meditation

Wed Mar 15, 4:00 PM - 5:00 PM - click [here](#) to register

11. Working from Home with Arthritis – Ergonomic Tips!

Wed Mar 15, 10:00 - 11:00 AM - click [here](#) to register

12. Virtual Pole Walking

Mon Mar 6, 1:30 - 2:30 PM - click [here](#) to register

13. Ask Anything

Wed Mar 8, 10:00 – 11:00 AM – click [here](#) to register – Physiotherapist and Occupational Therapist

Tues Mar 21, 10:00 - 11:00 AM - click [here](#) to register – Physiotherapist and Occupational Therapist

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