

OASIS Webinars – May 2022

CORE CLASSES

1. Managing Hip & Knee Osteoarthritis

Mon May 9, 2022 10:00 – 11:30 AM – click [here](#) to register
Tues May 24, 2022 4:30 – 6:00 PM – click [here](#) to register
Tues May 31, 2022 10:00 – 11:30 AM – click [here](#) to register

2. Exercise & Arthritis

Thurs May 19, 2022 10:00 – 11:30 AM - click [here](#) to register
Mon May 30, 2022 1:30 – 3:00 PM – click [here](#) to register

3. Pain Management

Wed May 11, 2022 10:00 - 12:00 PM - click [here](#) to register
Wed May 25, 2022 2:00 - 4:00 PM - click [here](#) to register

4. Nutrition, Supplements & Arthritis

Tues May 10, 2021 4:00 – 6:00 PM – [here](#) to register
Thurs May 26, 2022 4:00 - 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

5. Hand Arthritis

Wed May 4, 2022 10:00 – 11:30 AM - click [here](#) to register
Mon May 16, 2022 10:00 – 11:30 PM - click [here](#) to register

6. Foot & Ankle Arthritis

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

7. Shoulder Arthritis

Fri May 13 2022 10:00 – 11:00 AM – click [here](#) to register

8. Osteoarthritis of the Spine

Tues May 10, 2022 1:30 – 3:00 PM - click [here](#) to register
Wed May 26, 2022 10:00 – 11:30 AM - click [here](#) to register

9. Mindful Eating Part 1

Thurs May 5, 2022 4:00 - 6:00 PM - click [here](#) to register

Tues May 17, 2022 1:00 - 3:00 PM - click [here](#) to register

10. Mindful Eating Part 2

Thurs May 12, 2022 4:00 - 6:00 PM - click [here](#) to register

Tues May 24, 2022 1:00 - 3:00 PM - click [here](#) to register

11. Beverages: What are you Drinking?

Thurs May 19 4:00 – 5:15 PM - click [here](#) to register

12. Sleep and Stress Management

Tues May 3, 2022 10:00 - 12:00 PM - click [here](#) to register

Wed May 18, 2022 4:00 - 6:00 PM - click [here](#) to register

13. Curious about Cannabis

Thurs May 12, 2022 1:00 - 2:00 PM - click [here](#) to register

14. Introduction to Meditation

Tues May 17, 2022 4:00 - 5:00 PM - click [here](#) to register

15. Working from Home with Arthritis – Ergonomic Tips!

Thurs May 19, 2022 1:00 - 2:00 PM - click [here](#) to register

16. Gardening & Arthritis

Wed May 11, 2022 4:00 - 5:00 PM - click [here](#) to register

17. Virtual Pole Walking

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

18. Ask Anything

Fri May 13, 2022 1:00 – 2:00 PM - click [here](#) to register – Physiotherapist and Occupational therapist

Wed May 25, 2022 1:00 – 2:00 PM – click [here](#) to register – Dietician and Physiotherapist

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