

OASIS Webinars – May 2023

CORE CLASSES

1. Managing Hip & Knee Arthritis

- Tues May 2 10:00 – 11:30 AM – click [here](#) to register
- Tues May 9 10:00 – 11:30 AM – click [here](#) to register
- Mon May 29 4:30 – 6:00 PM – click [here](#) to register

2. Exercise & Arthritis

- Mon May 8 1:30 – 3:00 PM – click [here](#) to register
- Tues May 23 1:30 – 3:00 PM – click [here](#) to register

3. Pain Management

- Wed May 10 4:00 – 6:00 PM - click [here](#) to register
- Tues May 23 12:00 PM - 2:00 PM - click [here](#) to register

4. Nutrition, Supplements & Arthritis

- Tues May 2 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

- Wed May 3 4:00 PM - 6:00 PM - click [here](#) to register
- Tue May 16 10:00 -12:00 PM - click [here](#) to register

2. Hand Arthritis

- Thurs May 4 10:00 – 11:30 AM – click [here](#) to register
- Wed May 24 4:30 – 6:00 PM – click [here](#) to register

3. Foot & Ankle Arthritis

- Mon May 29 10:00 – 11:30 AM - click [here](#) to register

4. Osteoarthritis of the Spine

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

SCHEDULE CONTINUED BELOW

5. Beverages: What are you Drinking?

Tues May 30 4:00 – 5:00 PM - click [here](#) to register

6. Curious about Cannabis

Thur May 25 10:00 - 11:00 AM - click [here](#) to register

7. Introduction to Meditation

Wed May 24 10:00 - 11:00 PM - click [here](#) to register

8. Working from Home with Arthritis – Ergonomic Tips!

Fri May 26 10:00 - 11:00 AM - click [here](#) to register

9. Gardening & Arthritis

Tues May 2 1:30 – 2:30 PM - click [here](#) to register

10. Virtual Pole Walking

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

11. Ask Anything

Tues May 2 1:30 – 2:30 PM – click [here](#) to register – Physiotherapist and Occupational Therapist

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