

## OASIS Webinars – November 2021

### CORE CLASSES

#### 1. Managing Hip & Knee Osteoarthritis

Mon Nov 1, 2021 10:00 – 11:30 AM – click [here](#) to register  
Thurs Nov 18, 2021 4:30 – 6:00 PM – click [here](#) to register  
Tues Nov 30, 2021 10:00 – 11:30 AM – click [here](#) to register

#### 2. Exercise & Arthritis

Thurs Nov 4, 2021 4:30 – 5:30 PM – click [here](#) to register  
Wed Nov 10, 2021 10:00 – 11:00 AM – click [here](#) to register  
Thurs Nov 25, 2021 1:30 – 2:30 PM – click [here](#) to register

#### 3. Pain Management

Wed Nov 10, 2021 1:00-3:00 PM - click [here](#) to register  
Tue Nov 23, 2021 10:00-12:00 PM - click [here](#) to register

#### 4. Nutrition, Supplements & Arthritis

Tues Nov 9, 2021 4:00 – 6:00 PM – [here](#) to register  
Tues Nov 23, 2021 2:00 - 4:00 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

Fri Nov 12, 2021 10:00 - 11:30 AM, click [here](#) to register  
Tues Nov 23, 2021 4:30 – 6:00 PM, click [here](#) to register

#### 6. Foot & Ankle Osteoarthritis

Tues Nov 2, 2021 1:30-3:00 PM, click [here](#) to register  
Thurs Nov 18, 2021 10:00 - 11:30 AM, click [here](#) to register

#### 7. Shoulder Osteoarthritis

Mon Nov 15, 2021 1:30 – 2:30 PM, click [here](#) to register

#### 8. Osteoarthritis of the Spine

Tues Nov 9, 2021 10:00-11:30 AM, click [here](#) to register  
Wed Nov 24, 2021 1:30 – 3:00 PM, click [here](#) to register

**9. Mindful Eating Part 1**

Tues Nov 2, 2021 2:00 - 4:00 PM click [here](#) to register

**10. Mindful Eating Part 2**

Tues Nov 16, 2021 2:00 - 4:00 PM click [here](#) to register

**11. Virtual Pole Walking**

Tues Nov 16, 2021 1:30 - 2:30 PM, click [here](#) to register

Mon Nov 29, 2021 10:00 - 11:00 AM, click [here](#) to register

**11. Sleep and Stress Management**

Tues Nov 2nd, 2021 4:00 - 6:00 PM, click [here](#) to register

Wed Nov 17th, 2021 10:00 - 12:00 PM, click [here](#) to register

Tues Nov 30th, 2021 1:00 - 3:00 PM, click [here](#) to register

**12. Curious about Cannabis**

Tuesday Nov 16th 2021 12:00 - 1:00 PM, click [here](#) to register

**13. Working from Home with Arthritis – Ergonomic Tips**

Wed Nov 24, 2021 1:00 - 2:00 PM, click [here](#) to register

**14. Beverage Class. What are you Drinking?**

Thurs Nov 4, 2021 2:00-3:30 PM click [here](#) to register

Tues Nov 30, 2021 4:30 – 6:00 PM click [here](#) to register

**15. Introduction to Meditation**

Tues Nov 9th, 2021 1:00 - 2:00 PM click [here](#) to register

**16. Ask Anything**

Wed Nov 3<sup>rd</sup>, 2021 10:00 – 11:00 AM, click [here](#) to register