

OASIS Webinars – October 2021

CORE CLASSES

- 1. Managing Hip & Knee Osteoarthritis**
Thurs Oct 21, 2021 10:00 –11:30 AM – click [here](#) to register
- 2. Exercise & Arthritis**
Tues Oct 26, 2021 1:30 – 2:30 PM – click [here](#) to register
- 3. Pain Management**
Tue Oct 26, 2021 10:00-12:00 PM - click [here](#) to register
- 4. Nutrition, Supplements & Arthritis**
Tues Oct 19, 2021 1:00 - 3:00 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**
Thurs Oct 14, 2021 1:30 - 3:00 PM, click [here](#) to register
Wed Oct 20, 2021 10:00 – 11:30 AM, click [here](#) to register
Mon Oct 25, 2021 4:30 – 6:00 PM, click [here](#) to register
- 6. Foot & Ankle Osteoarthritis**
Tues Oct 19, 2021 10:00 -11:30 PM, click [here](#) to register
- 7. Shoulder Osteoarthritis**
Fri Oct 15, 2021 10:00 – 11:00 AM, click [here](#) to register
Wed Oct 27, 2021 10:00-11:00 AM, click [here](#) to register
- 8. Osteoarthritis of the Spine**
Thurs Oct 28, 2021 10:00-11:30 AM, click [here](#) to register
- 9. Mindful Eating Part 1**
Thurs Oct 21, 2021 4:00 - 6:00 PM click [here](#) to register
- 10. Mindful Eating Part 2**
Thurs Oct 28, 2021 4:00 - 6:00 PM click [here](#) to register
- 11. Virtual Pole Walking**
Mon Oct 25, 2021 10:00 - 11:00 AM, click [here](#) to register

11. Sleep and Stress Management

Please see Nov schedule

12. Curious about Cannabis

Please see Nov schedule

13. Working from Home with Arthritis – Ergonomic Tips

Please see Nov schedule

14. Beverage Class. What are you Drinking?

Tues Oct 26, 2021 1:00 - 3:30 PM click [here](#) to register