

OASIS Webinars – Sept 2023

CORE CLASSES

1. Managing Hip & Knee Arthritis

Wed Sept 6 10:30 – 12:00 PM – click [here](#) to register

Tues Sept 19 4:30 – 6:00 PM – click [here](#) to register

2. Exercise & Arthritis

Thurs Sept 14 10:00 – 11:30 AM – click [here](#) to register

Fri Sept 28 4:30 – 6:00 PM – click [here](#) to register

3. Pain Management

Wed Sept 6 4:00 – 6:00 PM - click [here](#) to register

Tues Sept 19 10:00 – 12:00 PM - click [here](#) to register

4. Nutrition, Supplements & Arthritis

Tues Sept 19 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

1. Sleep and Stress Management

Wed Sept 13 4:00 - 6:00 PM - click [here](#) to register

2. Hand Arthritis

Thurs Sept 7 10:00 – 11:30 AM – click [here](#) to register

Mon Sept 18 1:30 – 3:00 PM – click [here](#) to register

Mon Sept 25 4:30 – 6:00 PM – click [here](#) to register

3. Foot & Ankle Arthritis

Fri Sept 15 10:00 – 11:30 AM - click [here](#) to register

4. Shoulder Arthritis

Thurs Sept 21 1:00 – 2:30 PM – click [here](#) to register

5. Osteoarthritis of the Spine

Mon Sept 25 10:00 – 11:30 AM - click [here](#) to register

SCHEDULE CONTINUED BELOW

6. Mindful Eating Part 1

Wed Sept 20 10:00 - 12:00 PM - click [here](#) to register

7. Curious about Cannabis

Tues Sept 19 3:00 - 4:00 PM - click [here](#) to register

8. Introduction to Meditation

Wed Sept 20 10:00 - 11:00 PM - click [here](#) to register

9. Gardening & Arthritis

Wed Sept 6 10:00 – 11:00 AM – click [here](#) to register

10. Working from Home with Arthritis – Ergonomic Tips!

Tues Sept 5 11:00 - 12:00 PM - click [here](#) to register

11. Virtual Pole Walking

Mon Sept 25 1:30 - 2:30 PM - click [here](#) to register

12. Ask Anything

Wed Sept 20 11:00 - 12:00 PM - click [here](#) to register

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