

OASIS Webinars – July 2025

CORE CLASSES - get the most important information for managing arthritis.

1. Managing Hip & Knee Arthritis

Fri July 11 10:00 – 11:30AM [REGISTER](#)

Tues July 22 5:00 – 6:30PM [REGISTER](#)

2. Pain Management

Tues July 15 4:00 – 6:00PM [REGISTER](#)

3. Exercise & Arthritis

Wed July 9 10:00 – 11:30AM [REGISTER](#)

Thurs July 24 10:00 – 11:30AM [REGISTER](#)

4. Nutrition, Supplements and Arthritis

Thurs July 3 10:00AM-12:00 [REGISTER](#)

Thurs July 24 4:30PM-6:30PM [REGISTER](#)

JOINT-SPECIFIC CLASSES

1. Hand Arthritis

Wed July 16 10:00 – 11:30AM [REGISTER](#)

2. Foot & Ankle Arthritis

Tues July 8 1:00 – 2:30PM [REGISTER](#)

3. Osteoarthritis of the Spine

Wed July 16 1:00 – 2:30PM [REGISTER](#)

4. Shoulder Arthritis

Thurs July 31 10:00 – 11:30AM [REGISTER](#)

ADDITIONAL CLASSES

Taught by Registered Nurse

1. Sleep and Stress Management

Wed July 9 10:00 – 12:00PM [REGISTER](#)

2. Curious about Cannabis

Wed July 16 11:00 – 12:00PM [REGISTER](#)

3. Introduction to Meditation

Wed July 9 2:00 – 3:00PM [REGISTER](#)

Taught by Dietitian

Mindful Eating Part 1

Wed July 16 10:30AM-12:30 PM [REGISTER](#)

Mindful Eating Part 2

Wed July 30 10:30 – 12:30 PM [REGISTER](#)

Beverages

Tues July 15 10:00-11:30AM [REGISTER](#)

June 4, 2025

SCHEDULE CONTINUED BELOW

Special-Interest Classes

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

Fri July 25 10:00 – 11:00AM [REGISTER](#)

2. Gardening with Arthritis

Tues July 15 1:30 – 2:30PM [REGISTER](#)

**3. Walking More Comfortably – Pole Walking,
Footwear and Other Tips**

Mon July 21 10:00 – 11:00AM [REGISTER](#)

4. Ask Anything about Arthritis

Wed July 23 1:00 – 2:00PM [REGISTER](#)

Early Preparation for Surgery

A class for people who are considering or preparing for hip or knee replacement surgery.

Tues July 15 1:00 – 2:30 PM [REGISTER](#)

Learn more about OASIS classes at www.vch.ca/oasis