

OASIS Webinars – August 2025

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

1. Managing Hip & Knee Arthritis

Fri Aug 22 10:00 – 11:30AM [REGISTER](#)

Mon Aug 25 5:00 – 6:30PM [REGISTER](#)

2. Pain Management

Tues Aug 5 1:00 – 3:00 PM [REGISTER](#)

Wed Aug 27 10:00 – 12:00PM [REGISTER](#)

3. Exercise & Arthritis

Mon Aug 11 1:00 – 2:30 PM [REGISTER](#)

Wed Aug 27 1:30 – 3:00 PM [REGISTER](#)

4. Nutrition, Supplements and Arthritis

Tues Aug 12 3:00 – 5:00PM [REGISTER](#)

JOINT-SPECIFIC CLASSES

1. Hand Arthritis

Mon Aug 18 5:00 – 6:30PM [REGISTER](#)

Tues Aug 26 1:00 – 2:30PM [REGISTER](#)

2. Foot & Ankle Arthritis

Wed Aug 27 1:00 – 2:30PM [REGISTER](#)

3. Osteoarthritis of the Spine

Tues Aug 12 10:00 – 11:30AM [REGISTER](#)

4. Shoulder Arthritis

Wed Aug 13 10:00 – 11:30AM [REGISTER](#)

ADDITIONAL CLASSES

Taught by Registered Nurse

1. Sleep and Stress Management

Wed Aug 20 3:00 – 5:00PM [REGISTER](#)

2. Curious about Cannabis

Wed Aug 27 2:00 – 3:00PM [REGISTER](#)

3. Introduction to Meditation

Tues Aug 26 10:00 – 11:00AM [REGISTER](#)

Taught by Dietitian

1. Mindful Eating Part 1

Thurs Aug 7 10:00 – 12:00 PM [REGISTER](#)

2. Mindful Eating Part 2

Thur Aug 21 10:00 – 12:00 PM [REGISTER](#)

3. Beverages

Tues Aug 5 2:30-4:00PM [REGISTER](#)

Special-Interest Classes

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

Fri Aug 22 1:00 – 2:00 PM [REGISTER](#)

2. Gardening with Arthritis

Returning in September

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

Tues Aug 19 1:30 – 2:30 PM [REGISTER](#)

4. Ask Anything about Arthritis

Wed Aug 27 10:00 – 11:00AM [REGISTER](#)

Early Preparation for Surgery

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

Tues Aug 19 4:00 – 5:30 PM [REGISTER](#)

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