

OASIS Webinars – September 2025

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

1. Managing Hip & Knee Arthritis

Wed Sept 10 1:00 – 2:30PM [REGISTER](#)

Wed Sept 24 5:00 – 6:30PM [REGISTER](#)

Mon Sept 29 10:00 – 11:30AM [REGISTER](#)

2. Pain Management

Wed Sept 10 4:00 – 6:00PM [REGISTER](#)

3. Exercise & Arthritis

Thurs Sept 11 5:00 – 6:30PM [REGISTER](#)

Fri Sept 26 10:00 – 11:00AM [REGISTER](#)

4. Nutrition and Arthritis

Tues Sept 2 4:00 – 6:00PM [REGISTER](#)

JOINT-SPECIFIC CLASSES

1. Hand Arthritis

Wed Sept 3 1:00 – 2:30PM [REGISTER](#)

Thurs Sept 25 10:00 – 11:30AM [REGISTER](#)

2. Foot & Ankle Arthritis

Tues Sept 23 1:00 – 2:30PM [REGISTER](#)

3. Osteoarthritis of the Spine

Tues Sept 9 4:00 – 5:30PM [REGISTER](#)

4. Shoulder Arthritis

Mon Sept 15 10:00 – 11:30AM [REGISTER](#)

ADDITIONAL CLASSES

Taught by Registered Nurse

1. Sleep and Stress Management

Wed Sept 3 4:00 – 6:00PM [REGISTER](#)

2. Curious about Cannabis

Tues Sept 30 2:00 – 3:00PM [REGISTER](#)

1. Mindful Eating Part 1

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

2. Mindful Eating Part 2

Wed Sept 17 10:00 –12:00 PM [REGISTER](#)

Beverages

Thurs Sept 11 4:00-5:30PM [REGISTER](#)

Supplements and Arthritis

Tues Sept 16 3:30-5:00 PM [REGISTER](#)

Special-Interest Classes

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

Wed Sept 24 1:00 – 2:00 PM [REGISTER](#)

2. Gardening with Arthritis

Thurs Sept 4 10:00 –11:00AM [REGISTER](#)

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

Mon Sept 8 1:30 – 2:30 PM [REGISTER](#)

4. Ask Anything about Arthritis

Wed Sept 10 11:00 – 12:00PM [REGISTER](#)

Early Preparation for Surgery

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

Tues Sept 9 2:00 – 3:30 PM [REGISTER](#)

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