How do I Register?

- **By computer** at oasis.vch.ca/our-classes
- **By phone** at your local OASIS clinic
- **In person** at your OASIS assessment appointment

OASIS – the OsteoArthritis Service Integration System – is a Vancouver Coastal Health program developed to support people with osteoarthritis.

OASIS was created in partnership with family doctors, orthopaedic surgeons, and rheumatologists.

**Have you been referred to OASIS yet?**
Talk to your family doctor and visit our website http://oasis.vch.ca to learn more about how OASIS can help you.

Contact Us

**Vancouver**
Phone: 604.875.4544  
Fax: 604.875.8294

**Richmond**
Phone: 604.675.3944  
Fax: 604.675.3943

**Coastal**
Phone: 604.904.6177  
Fax: 604.904.6170

(North Shore)

http://oasis.vch.ca

FREE EDUCATION to help you manage your osteoarthritis

**About OASIS**

OASIS

OsteoArthritis Service Integration System

Working Together for Healthy Joints

http://oasis.vch.ca
These education sessions give you the tools and information you need to manage your osteoarthritis and live well at every stage of the disease. All sessions are between 1½ and 2 hours long.

**Understanding Osteoarthritis**
Taught by: Occupational Therapist
- What is osteoarthritis?
- What are the signs and symptoms?
- How do I manage my osteoarthritis?
- How can I protect my joints?

**Osteoarthritis & Exercise**
Taught by: Physiotherapist
- How can exercise and activity help?
- What exercises should I do?
- How often should I exercise?
- How do I know I’ve exercised too much?

**Nutrition & Supplements/Weight Control**
Taught by: Registered Dietitian
- How does diet affect osteoarthritis?
- How do I navigate Canada’s Food Guide?
- Are there any nutrients that can help?
- Are there any supplements that can help?
- How does weight affect osteoarthritis?
- How can I improve my eating habits?
- How do I manage portion size?

**Pain Management**
Taught by: Registered Nurse
- Why does pain happen?
- What makes pain worse?
- Who can help me deal with my pain?
- How can I manage a flare-up?
- What strategies can I use to deal with my chronic pain?

**Mindful Eating for Weight Control, Part 1**
Taught by: Registered Dietitian
- Do I know why I eat and when I’m full?
- What triggers me to eat?
- How do my emotions affect my eating?

**Mindful Eating for Weight Control, Part 2**
Taught by: Registered Dietitian
- Why do I eat the way I do?
- Can I change my relationship with food?

**Nordic Pole Walking & Osteoarthritis**
- How can pole-walking make it easier for me to stay active when my joints hurt?
- How do I use the poles?
- What stretches can I do with the poles?
- How can breathing and relaxation exercises help manage my pain and tension?

**Hand Osteoarthritis**
Taught by: Occupational or Physical Therapist
- How can I protect my hands and prevent deformity?
- What exercises can I do?
- How can I manage my hand pain?

**Foot & Ankle Osteoarthritis**
Taught by: Occupational or Physical Therapist
- How can I protect the joints in my feet?
- What exercises can I do?
- How can I manage my foot and/or ankle pain?