

How Do I Register?

- » By computer at oasis.vch.ca/our-classes/
- » By phone at **604-875-4544**



Frequently Asked Questions

Where can I attend?

Classes are offered both in-person (Vancouver, Richmond and North Shore locations available) and online, through live webinars.

Who can attend?

Anyone can attend. No doctors referral is needed.

How long are the classes?

Class times range from 1–2½ hours depending on the topic.

About OASIS

OASIS – the Osteoarthritis Service Integration System is a Vancouver Coastal Health program that provides education to support clients living with arthritis.

Educational classes are all FREE and taught by a multidisciplinary healthcare team. Classes are available both online and in-person.

To register for a class, please go to the OASIS website at oasis.vch.ca or call the OASIS Program phone number at **604-875-4544**.

Contact Us

OASIS Program 604-875-4544
Email: oasis@vch.ca
Website: oasis.vch.ca



For more copies, go online at vch.eduhealth.ca or email phe@vch.ca and quote Catalogue No. **FB.346.P952**
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The information in this document is intended solely for the person to whom it was given by the health care team.
vch.ca

OASIS Arthritis Education Sessions

Learn self-management skills to stay active and independent



Class Descriptions

These **FREE** education classes are taught by an OASIS Educator – a Physiotherapist, Occupational Therapist, Dietitian or Registered Nurse.



CORE CLASSES

Managing Hip and Knee Arthritis

Learn about arthritis in these commonly affected joints, ways of managing your arthritis without surgery and what happens if you need joint replacement surgery.

Arthritis & Exercise

Learn about the benefits of exercise, the types of exercises you can do to support your joints, and signs that you are doing too much.

Nutrition, Supplements and Arthritis

Learn about the impact of diet on arthritis, nutrients and supplements that can help and strategies for healthy eating.

Pain Management

Learn evidence-based strategies to manage arthritis pain so you can exercise, rest and manage everyday activities.

MORE CLASSES

Hand Arthritis/Foot Arthritis/ Shoulder Arthritis/Spine Osteoarthritis

Classes for each of these joints focus on specific strategies for management, including joint protection, exercise and pain management.

Mindful Eating for Better Health, Part 1 & 2

Do you struggle with behaviours, thoughts or emotions that affect your eating? Learn how to improve what you eat by changing your relationship with food and eating.

Nordic Pole Walking for Arthritis

Learn about the benefits of using poles while walking and techniques to support your joints.

Sleep & Stress Management

Learn about the relationship between stress and sleep and how to better manage both using evidence based practices.

Curious about Cannabis

Learn how and why cannabis can help with pain, and how to access cannabis for medical purposes.

Working from Home with Arthritis – Ergonomic Tips

Learn how to set up your computer correctly to reduce injuries and improve your overall comfort.

Beverages

Learn about the pros and cons of your drinking choices.

Intro to Meditation

Learn basic meditation techniques to better manage pain, stress and sleep.

Ask Anything – small group meetings (must have attended minimum of 1 OASIS sessions)

Interactive small group sessions with a goal to answer your questions about arthritis and self management.

For additional classes, check out oasis.vch.ca for availability.