



PUSH

STRESSED
OUT?

Stress Management for Arthritis with OASIS

In Person!

Thriving Seniors

CONNECT. LEARN. THRIVE

Learn about the relationship between sleep and stress,
and strategies for managing your stress

OASIS is a free education program within Vancouver Coastal Health that helps people manage osteoarthritis and inflammatory arthritis. Classes are offered online and in person by a team of healthcare professionals, with no referral required.

Laura Lotzer, RN, presenter:

Laura is the Clinical Resource Nurse with OASIS and has 33 years of nursing experience. She teaches classes on pain and arthritis, stress and sleep, medical cannabis, and meditation.

Wednesday, June 17, 2026 at 11am
In the Common Room at Maple Crest
2229 Maple St. Vancouver
Light snacks will be served

To register, please contact Tamar Stein, Seniors Community Outreach Coordinator, at 604.558.5709 or seniorsoutreach@jfsvancouver.ca

