



discover life after 50

What is OASIS?

OASIS is a pioneer in the field of Successful Aging

Our three-fold approach provides opportunities for people over 50 to participate in lifelong learning, health promotion and volunteer engagement.



OASIS puts into practice the findings of the landmark MacArthur Foundation study of Aging in America. Researchers Rowe and Kahn found that the key ingredients for a high quality of life are maintaining a low risk for disease, a high level of engagement with the community and high physical and cognitive function, and “it is the combination of all three that represents the concept of successful aging fully.”

OASIS programs support the mind, body and spirit

Lifelong learning stimulates the intellect

- * **OASIS Connections** technology training
- Locally developed arts and humanities classes
- In-depth national humanities programs such as “The Immigrant Experience,” “Lewis & Clark” and “The Peoples of Russia and China”

Health programs promote active lifestyles

- * **Active Start, Active Living Every Day, and ExerStart**
- * **Chronic Disease Self-Management and Diabetes Self-Management** developed by Stanford University (in-person and online courses)
- * **Matter of Balance**
- Local programs such as Tai Chi, Yoga and Zumba

Volunteer opportunities engage people in meeting community needs

- * **Intergenerational Tutoring**
- * **CATCH Healthy Habits** intergenerational nutrition and physical activity
- Class instructors and peer leaders
- Program support such as planning classes and center operations

* Evidence- and research-based programs.

Impact through Partnership

The OASIS vision is to see that adults age 50 and older across the country have opportunities to pursue vibrant, healthy, productive and meaningful lives. Founded in 1982, OASIS offers programs through partnerships in 40 cities and 24 states across the country.

Our national network of more than 700 partners and OASIS education sites serves diverse audiences. Partners include health providers, corporations, senior centers, community organizations, libraries, universities and colleges, senior living organizations and more. More than 56,000 individuals participate in our programs each year.

The OASIS Institute is the national headquarters and oversees staff who provide OASIS programs in the St. Louis metro area. The Institute develops partnerships, shares knowledge, implements research-based programs, provides training, conducts evaluation and adapts programs to meet the needs of diverse audiences.

Major national funders have included the Atlantic Philanthropies, Robert Wood Johnson Foundation, AT&T, U.S. Dept of Commerce, U.S. Administration on Aging, National Endowment for the Humanities, Macy's, WellPoint Foundation, Sam's Club, Emerson, Boeing, Express Scripts and other organizations.

For more information, please contact us:

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