

What is Oasis?



Getting Older, Growing Stronger

A pioneer in healthy aging for more than 35 years, Oasis has helped thousands of older adults across the country satisfy their curiosity, take charge of their health and discover the joy of giving back to their communities.



Satisfying curiosity through lifelong learning

- › More than 135,000 adults take over 7,640 lifelong learning classes each year.
- › Locally-developed classes in the arts and humanities
- › Award-winning technology training with the Oasis Connections Program



Taking charge of health

- › More than 12,500 classes are offered nationwide each year.
- › Evidence-based programs for falls prevention, chronic disease self-management and peer-led discussion groups
- › Exercise, fitness and wellness classes

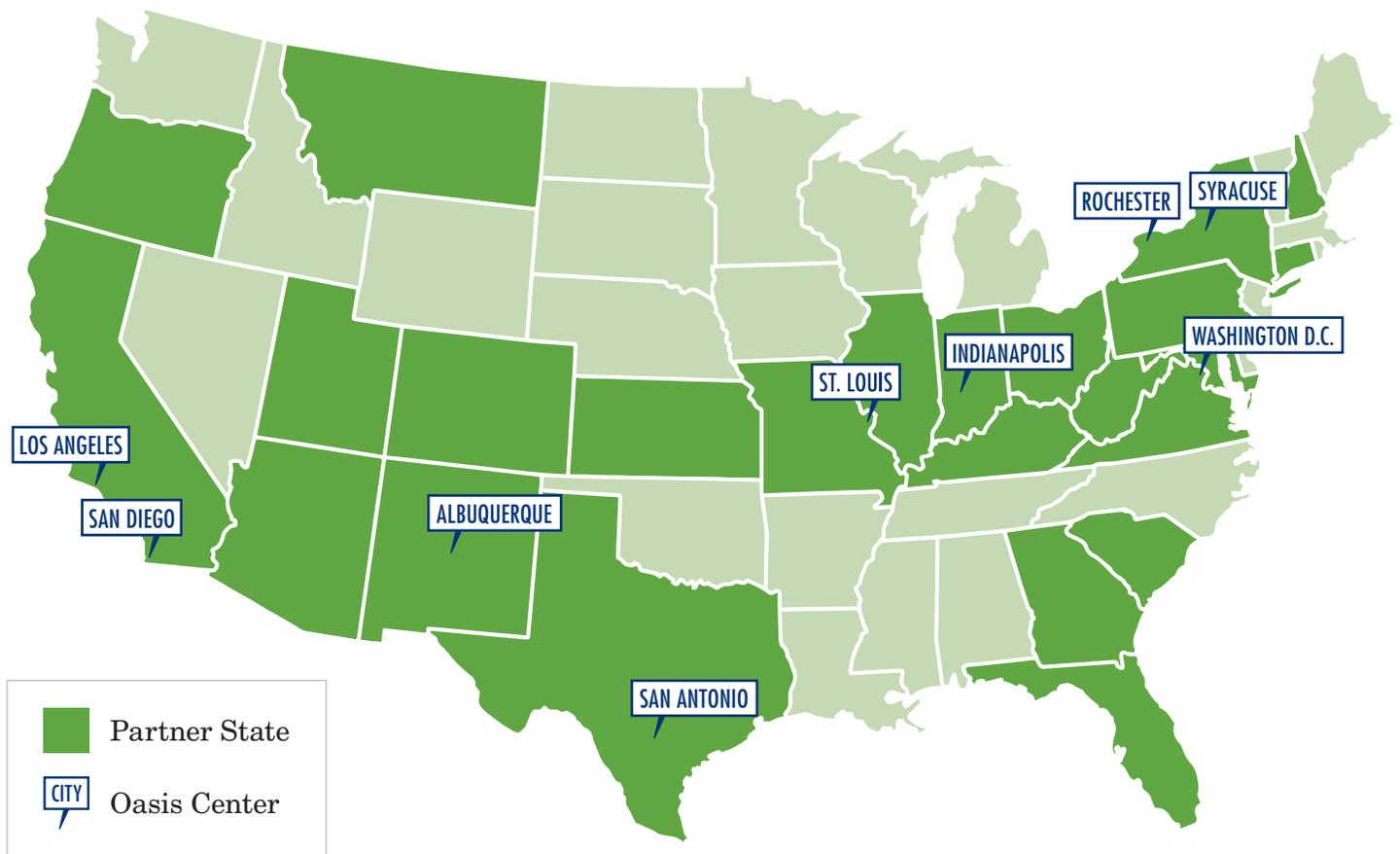


Giving back to our communities

- › More than 6,200 older adults volunteer with Oasis nationwide each year.
- › Oasis Intergenerational Tutoring
- › Class instructors, peer leaders and Oasis center operations

National Impact

Oasis empowers thousands of older adults nationwide to pursue healthy, productive and meaningful lives. Oasis programs reach a broad audience in more than **250 communities** through **nine education centers** and a national network of over **700 partners** in **23 states**.



Find out more about Oasis!

Oasis is a national education organization that promotes healthy aging through lifelong learning, active lifestyles and service. In addition to stimulating programs in the arts, humanities, health and technology, Oasis provides a variety of volunteer opportunities for older adults. For more information, visit www.oasisnet.org.

To learn more about bringing Oasis programs to your community, contact:

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