



# WHAT IS OASIS?



## GETTING OLDER & GROWING STRONGER

A pioneer in healthy aging for 40 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.

Oasis programs reach a broad audience in more than 200 communities through nine education centers and a national network of over 800 partners in 33 states. Since 1982 Oasis has served over 587,000 older adults.

In 2020, due to the COVID-19 Pandemic, Oasis launched an interactive online platform that allows participants to take an Oasis class from anywhere through Oasis Everywhere.



### Satisfying Curiosity Through Lifelong Learning

- + More than 7,600 lifelong learning classes are held each year
- + Locally-developed classes in the arts and humanities, current events, history and more
- + With more options to take virtual classes with top instructors from across the country, Oasis Everywhere has served over 153 communities



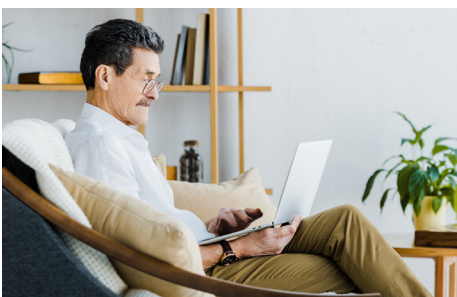
### Taking Charge of Health

- + More than 3,500 health classes are offered nationwide each year
- + Evidence-based programs include falls prevention, chronic disease self-management and peer-led discussion groups
- + Exercise, fitness, nutrition, healthy living, and wellness classes round out our offerings



### Giving Back to Our Communities

- + More than 6,200 adults volunteer with Oasis each year and have provided 13.7 million volunteer hours worth more than \$400 million since 1982
- + The largest program is Oasis Intergenerational Tutoring, where trained older adults have supported more than 525,000 struggling readers
- + Volunteers also serve as class instructors, peer leaders and help with Oasis center operations

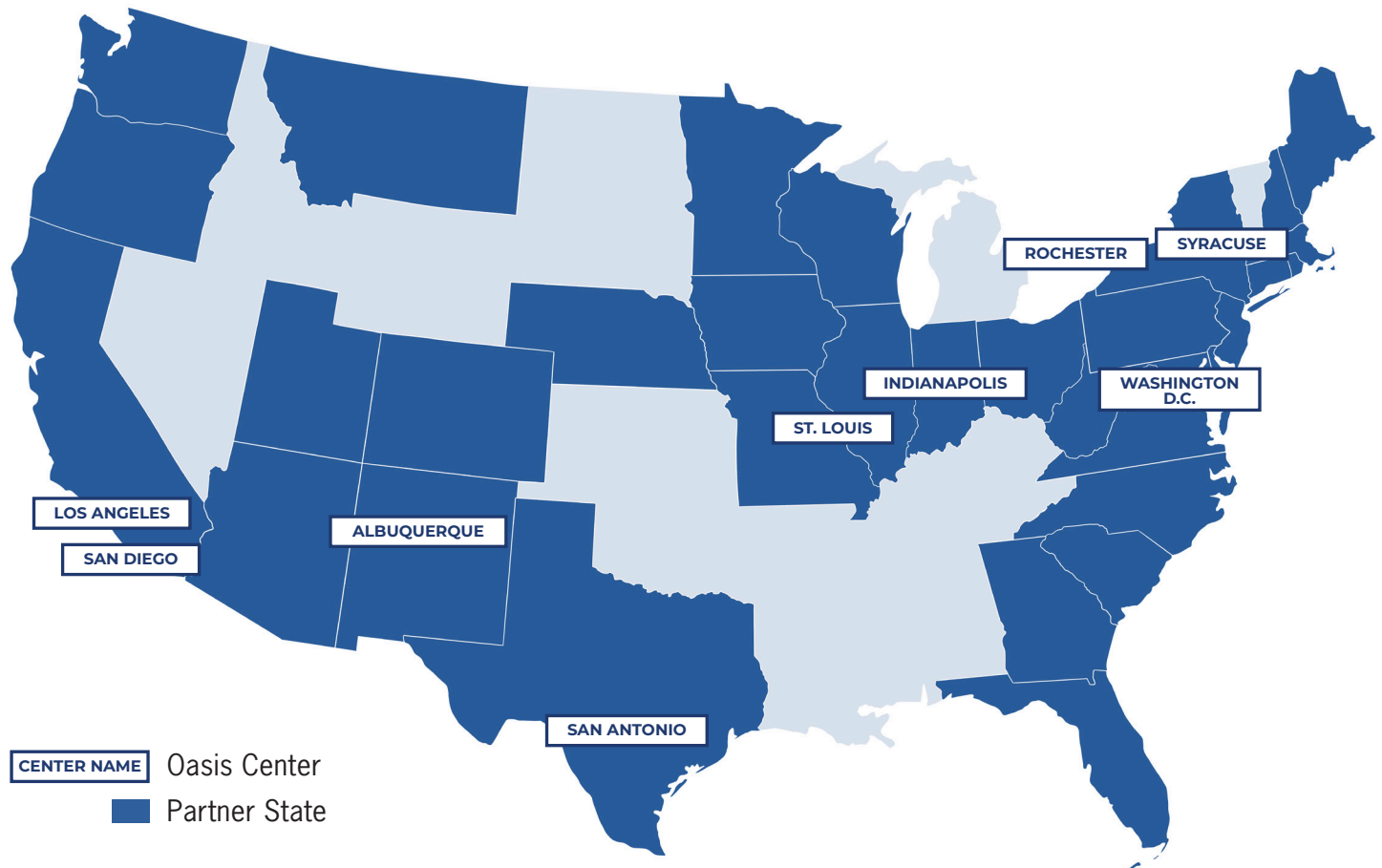


### Spreading Knowledge in a Virtual World

- + Award-winning technology training with the Oasis Connections Program has been offered since 2000
- + Oasis Connections has more than 30 courses that cover a wide range of topics for basic to intermediate skills on mobile devices and PCs
- + The Oasis Connections Program is designed specifically for adult learners, as well as taught by fellow older adults

## 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 200 communities through nine education centers and a national network of over 800 partners in 33 states.



## THERE'S MORE TO OASIS!

Oasis is a national education organization that promotes healthy aging through lifelong learning, active lifestyles and service. In addition to tutoring, Oasis offers stimulating programs in the arts, humanities, technology and volunteer opportunities to older adults in more than 200 communities through nine educational centers and national network of over 800 community partners. For more information, visit [oasisnet.org](https://oasisnet.org).

### To Learn More About Bringing Oasis Programs to your community, Contact:

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