

# Wellness & Health



## Wellness Through Peers and Partners

For more than 35 years, Oasis has helped thousands of older adults lead healthier, more active and socially-engaged lives.

A key component of this effort is a wide array of evidence-based programs designed to empower adults with valuable information on disease prevention and self-management. With a community-based approach, Oasis leverages the power of partners and peers to deliver programs that are proven to enhance the health and well-being of older adults right where they live.

The result is a common sense, cost-efficient path to wellness and improved health for a growing population of older adults who can contribute to their communities in vital ways if they stay healthy.



"Leading Oasis classes is a perfect fit for me. I like helping older adults discover how staying active can help them in all aspects of their lives. Seeing people make progress, in even the smallest ways, is very gratifying."

– Myrlynn Henley, Oasis Health Instructor

## A Trusted Resource for Community-Based Health Programs



We offer health classes based from current research.



We vet our professional facilitators and train lay leaders on evidence-based curriculum.



Our peer-led model to deliver wellness and health programs is unique, effective and offers a sense of rapport to participants that is hard to achieve in clinical settings.

## A Growing Population, Growing Opportunity

The number of older adults who will benefit from high-quality, community-based health programs is growing. According to the U.S. Census Bureau:

- › By 2030, all baby boomers **will be older than 65.**
- › **One in every five** U.S. residents will be retirement age by 2030.
- › We're living longer. Life expectancy in 1900 was 47; **in 2017 it was 79.**

# Oasis Wellness & Health Programs

## Get Moving, Get Fit

Improve balance, flexibility, strength and mobility with these Oasis exercise and falls prevention classes:

- › ExerStart
- › Matter of Balance
- › Tai Chi for Arthritis for Fall Prevention

## Healthy Choices, Healthy Living

Manage challenging conditions with healthy choices.

- › Better Choices, Better Health – Diabetes
- › Living a Healthy Life with Chronic Conditions
- › Healthy Habits for Adults

## Talk, Learn and Connect

Connect with peers on issues that matter most to older adults.

- › Conversations That Count: Peer-led discussion groups cover a number of topics, including Dealing with Grief and Loss, Assertiveness and The Power of Laughter.
- › Aging Mastery Program: A fun, engaging education and behavior change incentive program for aging well. Curriculum covers 10 topics and participants set goals for many aspects of their lives, including nutrition, finances and healthy relationships.



We are proud to partner with a number of healthcare providers, insurance companies and health program funders who share our commitment to healthy living in communities across the U.S.

## 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 wellness and health classes, Oasis offers stimulating programs in the arts, humanities, technology and volunteer opportunities to older adults in more than 250 communities through nine educational centers and national network of over 700 community partners. For more information, visit [www.oasisnet.org](http://www.oasisnet.org).



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

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