

# What is St. Louis Oasis?



## Getting Older & Growing Stronger

Founded in 1982, Oasis is a non-profit educational organization that helps 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 *eight education centers* and a national network of *over 800 partners* in *33 states, serving over 587,000 older adults*.



### Satisfying Curiosity Through Lifelong Learning

- + 7,600+ lifelong learning classes are offered nationwide 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

- + 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 students
- + 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



## Local Impact

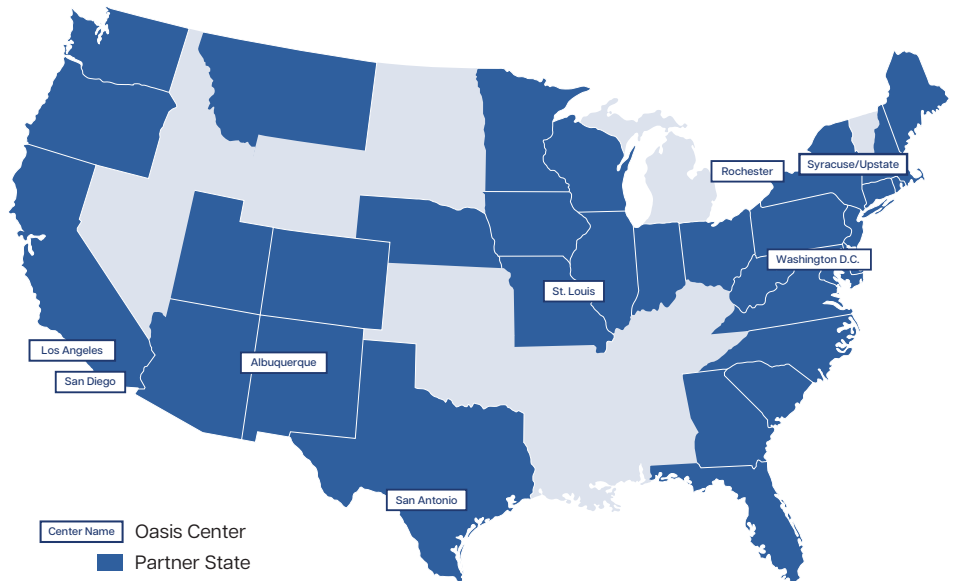
Through education, advocacy, and relevant programs, the Oasis impact reaches communities in St. Louis and the surrounding area.

**St. Louis Oasis offers programs at more than 50 partnership sites in over 20 cities throughout the area.**

- |                  |                      |                    |
|------------------|----------------------|--------------------|
| Alton, IL        | Eureka, MO           | St. Ann, MO        |
| Arnold, MO       | Ferguson, MO         | St. Charles, MO    |
| Ballwin, MO      | Florissant, MO       | St. Louis, MO      |
| Brentwood, MO    | High Ridge, MO       | St. Peters, MO     |
| Chesterfield, MO | Kirkwood, MO         | East St. Louis, IL |
| Clayton, MO      | Manchester, MO       | O'Fallon, IL       |
| Crestwood, MO    | Maryland Heights, MO | Shiloh, IL         |
| Creve Coeur, MO  | O'Fallon, MO         | Webster Groves, MO |
| Ellisville, MO   | Olivette, MO         |                    |

## 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 eight education centers and a national network of over 800 partners in 33 states.



## Learn More About Oasis at Northwest Plaza



500 Northwest Plaza Drive, Suite 425  
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 St. Louis, MO 63105

[stloasis.org](http://stloasis.org)



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