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**For more information:**

**Joan E. Pace**  
**(314) 862-2933 x. 282**  
**[jpace@oasisnet.org](mailto:jpace@oasisnet.org)**

### **OASIS is mind and body fitness**

We know we need to keep our brains and bodies healthy. But identifying resources to help us with our journey of healthier living can be challenging. The marketplace is brimming with DVDs, computer games, books, articles and more that offer to help us think faster and better, and remember more for longer.

OASIS is one of the most experienced and successful organizations providing lifelong learning and service opportunities for adults age 50 and over. Through programming proven to promote successful aging, its nationwide network provides opportunities to challenge the mind, improve health, connect with others, build skills and serve the community. For over 25 years, OASIS takes the guesswork out of mind and body fitness.

And it hasn't gone unnoticed. Dr. Paul Nussbaum, an internationally known clinical neuropsychologist who specializes in aging across the lifespan and brain health, identifies OASIS as a "health-promoting activity in my world."

A proactive brain health lifestyle builds brain reserves, says Dr. Nussbaum. Brain reserves refers to a buildup of brain cell connections that serves to help the brain in the battle of neurodegenerative diseases, such as Alzheimer's.

"I would argue in front of policymakers that we should have OASIS as a prescription, an option, for people who are interested in brain health," adds Dr. Nussbaum, "because really, with what's going on in OASIS, with the wonderful, healthy, stimulating activities, you're building brain reserves."

Nussbaum identifies five critical areas of brain health: socialization, physical activity, mental stimulation, spirituality, and nutrition.

(more)

“Each is equally important,” adds Nussbaum, “as they reflect the fact that we are integrated and complex organisms and we do not function optimally in a fragmented manner.”

Reflecting on what that means to the 50 and over adult, Marcia Kerz, president, The OASIS Institute, talks about the tried and true programs of OASIS.

“Our evidence based programming, continual program evaluation and participant surveys help us to identify and offer stimulating programs in the arts, humanities, health, technology and volunteer service,” Kerz says, “while bringing people together to learn, lead and contribute in their communities.”

“OASIS really is mind and body fitness.”

Summer brain and body fitness programming offered at Albany OASIS will include such classes as: “Jazz Heritage Series,” “The Story of Albany,” Tai Chi for Health and Wellness,” “The Literature of War,” and “Getting Acquainted with the Computer.” Fall programming will include “Memory Dynamics: Building Skills for Memory Improvement.” To learn more about Albany OASIS programming, contact Lisa Ferretti, Program Administrator, at 518-442-3913, or at [LFerretti@uamail.albany.edu](mailto:LFerretti@uamail.albany.edu).

For more information on brain health and OASIS programming, visit [www.paulnussbaum.com](http://www.paulnussbaum.com) and [www.oasisnet.org](http://www.oasisnet.org).

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