



What is OASIS?

OASIS is a national education organization dedicated to enriching the lives of adults 50 years of age and older through challenging programs in the arts and humanities, health, technology and volunteer service. OASIS creates opportunities for people to discover more — to learn, grow, connect with others and make a positive impact.

Membership is free.

CATCH Healthy Habits

is supported by a generous grant from



and is offered in partnership with



SENIORS'
RESOURCE
CENTER

CATCH (Coordinated Approach to Child Health)
an evidence-based, nationally-recognized
curriculum is used in CATCH Healthy Habits.



Change a Life One Celery Stick at a Time





Are you living and loving an active lifestyle? Do you want to share that love with kids?

Consider volunteering for CATCH Healthy Habits, an after-school and summer program that brings teams of adults age 50 plus together with kids to learn about good eating habits and to play active games.

You stay healthy. Kids get healthy.

Obesity rates have more than tripled among kids ages 6-11. By participating in CATCH Healthy Habits, you'll have fun, stay active and help fight obesity. It's good for kids, good for you, and good for your community!

There are many ways to help kids get healthy.

Work with children

Lead fun, active games, share healthy snacks, and learn about good food choices with kids in grades K-5. Sessions meet weekly for an hour and training is provided.

Spread the word

Share information about the program with people in your community. Take photos or flip-videos of kids in action. Get the buzz going on Facebook and invite more people to get involved.

Take the lead

Communicate with team members, staff, and partners to coordinate the sessions. Put your organizational skills to work to help expand the program and reach more kids.

Support the team

On site or behind the scenes, you can make things happen. Prepare snacks or transport equipment like balls and hula hoops. Keep everyone in the loop by providing office support. Watch the kids in action and collect data to evaluate the program.

Let's catch healthy habits together...one beanbag toss at a time.

Please contact us today to learn more about CATCH Healthy Habits.

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Or visit us online:
www.oasisnet.org/CATCHHealthyHabits