

WINTER/SPRING 2024

UPSTATE
Oasis
Lifelong Adventure
Course Catalog



Sponsored by
UPSTATE
MEDICAL UNIVERSITY

Register online: upstate.oasisnet.org
Join us for in-person and online Zoom classes!

Dear Oasis friends,

It gives us great pleasure to present our Winter/Spring catalog for 2024. That's right: 2024, if you can believe it. The excitement has been palpable this past Fall as a large number of classes are transitioning back to "in-person" and our members have had increasing chances to personally interact. The connections we make at Oasis are vital to all of us as ongoing research has shown that interpersonal connections and lifelong learning are keys to successful aging, and even "Superaging."

We have been busy recruiting new teachers, and our subject matter has likewise been expanding. In addition, Oasis Everywhere has added much depth to our local offerings. This trimester we are pleased to welcome Dr. Corona and Dr. Tucker for their presentation on the future of healthcare, along with a new, favorite partnership with the Curd Nerd for an Irish cheese tasting, and the return of art appreciation classes with Laura Nicholls. Please remember to contact our program manager with any ideas for new classes that you might have an interest in.

Of course, all these programs take significant resources. We have had wonderful support from our main sponsor, SUNY Upstate Medical University, and in the past from our wonderful members like you. We hope you will find it in your interest to continue your support via either the Fall campaign, which is ongoing, or by adding your donation to your registration fee for the coming term.

We are excited to begin the new trimester, and we hope that you will take advantage of all that we have to offer so you can continue your individual lifelong adventure at Oasis. This is your time to shine.



Michael Ratner, MD

Co-Chair, Oasis Development and Marketing Committee

REGISTRATION MATTERS!

- **Please** be mindful when registering as some classes are being held both in-person **AND** online on Zoom (simulcast). These simulcast classes have the same class number but in-person classes are using the suffix "A" and online classes are using the suffix "B." **You should be registering for one or the other, not both.**
- **Registration will open January 2.** We encourage you to register online if possible. Paper registrations are available upon request.
- **Please** be sure to register for our Oasis Everywhere classes (noted in green) **locally** at upstate.oasisnet.org, not through the Oasis Everywhere website. This ensures that your class fee stays local.
- **Oasis Everywhere** offers live online content from instructors from all nine Oasis centers across the country. For a full list of Oasis Everywhere (OE) classes, visit: oasiseverywhere.org.

IN-PERSON COURSES

Full class descriptions are on our website.
Registration will begin on January 2
online at: update.oasisnet.org.

These classes will be held in-person:

- If you are feeling sick, please stay home.

Arts & Humanities

101 Abstract Drawing and Painting Studio

Jean B. Somlo

Tuesdays Jan 16–Feb 20 1:00–3:30
Fee: \$88 Oasis Studio 6 sessions

102 Watercolor Painting Studio

Jean B. Somlo

Tuesdays Feb 27–Apr 2 1:00–3:30
Fee: \$88 Oasis Studio 6 sessions

103 Red Barns in a Snowy Field

Evelyn Fiorenza

Mondays Jan 2–Feb 19 2:00–4:00
Fee: \$60 Oasis Studio 5 sessions

104 Acrylic Dutch Pour Painting

Madalyn Ledesma

Thursday Apr 11 10:00–12:00
Fee: \$45 Oasis Studio 1 session

105 Pass the Cartoon

Diane Lansing

Thursday Feb 1 1:00–3:00
Fee: \$15 Oasis Studio 1 session

110 Healthy Brain Music Ensemble–Beginner

Lynn Moroz

Mondays Jan 22–Apr 8 11:00–12:00
Fee: \$175 Artist Pianos 11 sessions
No class 4/1



111 Healthy Brain Music Ensemble–Intermediate

Lynn Moroz

Mondays Jan 22–Apr 8 12:15–1:15
Fee: \$175 Artist Pianos 11 sessions
No class 4/1

112 Oasis Chamber Orchestra

Victor Vallo

Tuesdays Jan 16–Apr 2 1:00–2:30
Fee: \$90 Oasis Lecture Hall 12 sessions

113 Oasis Chamber Orchestra Performance

Victor Vallo

Tuesday Apr 2 2:00–2:30
Free Oasis Theater Rm. 1 session

114 Appalachian Dulcimer Concert

Eileen Rose

Wednesday Apr 10 2:00–3:00
Free Oasis Lecture Hall 1 session



Art Walls

is a continuous art exhibit program that displays the work of Oasis artists on the walls of the Oasis hallways and classrooms. Artwork to be displayed in the Winter/Spring trimester should be dropped off at Oasis by Monday, January 22.

IN-PERSON COURSES

Full class descriptions are on our website.
Registration will begin on January 2
online at: update.oasisnet.org.

115 Oasis Mixed Chorus

Susan Soboleski Owens

Wednesdays Feb 7–Mar 27 11:30–1:00

Fee: \$72 Oasis Lecture Hall 8 sessions

116 Great Films of the 40's and 50's

David Hollenback

Tuesdays Feb 20–Apr 9 12:30–3:30

Fee: \$64 HealthLink Rm. 8 sessions

117 Feature Film: "Amazing Grace" (Viewing with Subtitles, and Discussion)

Diana Biro and Eric Rogers

Thursday Mar 14 9:30–12:30

Fee: \$10 Oasis Lecture Hall 1 session

118 Feature Film: "A United Kingdom" (Viewing with Subtitles, and Discussion)

Diana Biro and Eric Rogers

Thursday Mar 28 9:30–12:15

Fee: \$10 Oasis Lecture Hall 1 session

123 Creative Writing for Reflection, Insight and Fun

Carol Madar

Thursdays Feb 8–Apr 4 9:30–12:30

Fee: \$70 Oasis Studio 5 sessions

124 I've Always Wanted to Write a Story About...

Carol Madar

Tuesdays Feb 13–Apr 9 3:30–6:30

Fee: \$70 Jamesville Dewitt Library 5 sessions

128 Introduction to Buddhism: Classical Traditions of Thought and Practice

Richard Pilgrim

Tuesdays Mar 5–Apr 9 10:00–12:00

Fee: \$70 Oasis Studio 6 sessions

130 The Alaskan Goldrush of 1898

Geoffrey Clough

Tuesday Feb 13 2:00–3:30

Fee: \$15 HealthLink Rm. 1 session

Looking for Rewarding Volunteer Opportunities?

Share your experiences and talents!

Oasis offers meaningful opportunities for connection, and one of the best ways to feel connected to Oasis is through volunteering. We cannot do it without you! Join our friendly and vital group of volunteers to help keep our center vibrant!

**To learn more about how you can
volunteer at Oasis, call Jen at
(315) 464-1745 or attend the new
volunteer overview session,
Class # 701.**

Please join us in expressing our appreciation to all of our volunteers for donating their valuable time and energy, including the following individuals on our Volunteer Leadership Team: Debbie Cianciolo, Wendy Davenport, Eileen Deuell, Rona Edlund, Sue Foster, Gary Hartman, Lorrie LaDuke, Debbie Olson, and Melissa Sheremeta.

IN-PERSON COURSES

Full class descriptions are on our website.
Registration will begin on January 2
online at: update.oasisnet.org.

132 The Real Estate Market Today/Getting Your Home Ready to Sell

Patsy Scala

Thursday Mar 28 1:00–3:00

Fee: \$15 HealthLink Rm. 1 session

133 How to Avoid Becoming a Victim of Investment Fraud

Cornell Law School Securities Law Clinic

Thursday Mar 28 1:00–2:00

Free Oasis Studio 1 session

134 New Hope Mills Tour

New Hope Mills staff

Thursday Apr 11 10:00–11:00

Fee: \$17 New Hope Mills 1 session

136 Tanzania Safari

Alan Napier

Thursday Mar 7 2:00–3:30

Fee: \$15 Oasis Lecture Hall 1 session



Science

203 Spring Wildflowers of Central New York

Joseph McMullen

Thursdays Apr 11–May 2 10:00–2:00

Fee: \$30 HealthLink Rm. 2 sessions



Personal Development & Enrichment

301 Everyday Joy: Prioritize Both Yourself and Your Joy–Introduction

Alexis Pierce

Tuesday Feb 6 10:00–11:00

Free HealthLink Rm. 1 session

302 Everyday Joy: Prioritize Both Yourself and Your Joy–Workshop

Alexis Pierce

Tuesdays Feb 20–Mar 12 10:00–11:00

Fee: \$30 HealthLink Rm. 4 sessions

303 Intuition/Communicating with your Soul

Lisa McCall

Mondays Mar 18–Apr 1 1:00–3:00

Fee: \$45 Oasis Studio 3 sessions



304 Spirit Circles

Lisa McCall

Thursdays Feb 15–29 1:00–3:00

Fee: \$45 HealthLink Room 3 sessions

306 Free with Your Library Card!

Maggie Foster

Thursday Mar 7 11:00–12:00

Free Oasis Lecture Hall 1 session

307 Irish Cheese Tasting

Sarah Simiele

Monday Mar 18 4:00–5:30

Fee: \$25 Oasis Lecture Hall 1 session

308 Ethnomycology: Human Use of Fungi from the Neolithic to the Present

Tom Horton

Wednesday Mar 20 1:00–2:30

Fee: \$15 HealthLink Rm. 1 session

309 Bridge–Captain of the Hand

Elaine Ryan

Mondays Jan 22–Feb 5 1:00–2:30

Fee: \$27 HealthLink Rm. 3 sessions

310 Open Games

Mondays Feb 12–Apr 8 1:30–4:00

Free HealthLink Rm. 3 sessions

311 Introduction to the History of Conscience in Western Culture

Timothy LaGoy

Wednesday Jan 24 12:00–1:30

Fee: \$15 HealthLink Rm. 1 session

Contact us: (315) 464-6555

Oasis Course Catalog – Winter/Spring 2024

IN-PERSON COURSES

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Registration will begin on January 2
online at: upstate.oasisnet.org.

313 New York State Citizen Disaster Preparedness Program

Staff Sergeant Duane Morgan

Thursday Feb 8 1:00–2:00

Free Oasis Lecture Hall 1 session

314 French for Beginners

Veronique Bennett

Wednesdays Jan 17–Apr 3 10:00–11:30

Fee: \$42 Oasis Studio 12 sessions

315 French for Intermediate Level

Veronique Bennett

Wednesdays Jan 17–Apr 3 12:30–2:00

Fee: \$42 Oasis Studio 12 sessions

316 French Advanced Level

Veronique Bennett

Wednesdays Jan 17–Apr 3 2:15–3:45

Fee: \$42 Oasis Studio 12 sessions

319 Conversational Russian

Patricia A Erickson

Thursdays Jan 18–Feb 22 10:00–11:30

Fee: \$36 HealthLink Rm. 6 sessions

Technology

401 Avoiding Scams

Al Somlo

Wednesday Feb 21 1:00–3:00

Fee: \$15 Oasis Computer Lab 1 session

402 Robots and AI

Al Somlo

Wednesday Mar 13 1:00–3:00

Fee: \$15 Oasis Computer Lab 1 session

403 Android Essentials: for Tablets and Smart Phones

Al Somlo

Tuesdays Jan 30–Feb 6 1:00–3:00

Fee: \$41 Oasis Computer Lab 2 sessions

Looking for something new?

We are always looking for new instructors and volunteers to expand our programming. Have a strong interest or passion about a topic? Teach a class! Want to meet new people and give back to your community? Volunteer! Please contact Jennifer Michella at (315) 464-1745 or michellj@upstate.edu for more information.

404 Smartphone Photography

Pamela Lipe Revercomb

M/W/F Jan 22–26 10:00–12:00

Fee: \$48 Oasis Computer Lab 3 sessions

405 Google Photos

Pamela Lipe Revercomb

M/W/F Feb 5–9 10:00–12:00

Fee: \$48 Oasis Computer Lab 3 sessions

Health & Fitness

501 The Future of Healthcare

Robert J. Corona and Amy Tucker

Wednesday Apr 3 10:00–12:00

Free Oasis Lecture Hall 1 session

502 Understanding Alzheimer's & Dementia

Alzheimer's Association

Thursday Jan 25 3:30–4:30

Free Oasis Studio 1 session

503 New Advances in Alzheimer's Treatment

Alzheimer's Association

Thursday Feb 22 3:30–4:00

Free Oasis Studio 1 session

IN-PERSON COURSES

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online at: update.oasisnet.org.

504 Effective Communication Strategies

Alzheimer's Association

Thursday Mar 14 3:30–4:30
Free Oasis Studio 1 session

505 Managing Money: A Caregiver's Guide to Finances

Alzheimer's Association

Thursday Apr 11 3:30–4:30
Free Oasis Studio 1 session

506 Different Breaths for Different Reasons

Ted Pietrzak

Wednesday Feb 28 10:30–11:45
Fee: \$15 HealthLink Rm. 1 session

507 January Symphony of Sacred Sound

Lorri Mathewson

Wednesday Jan 24 1:00–2:00
Fee: \$20 Oasis Fitness Rm. 1 session

508 February Symphony of Sacred Sound

Lorri Mathewson

Wednesday Feb 21 1:00–2:00
Fee: \$20 Oasis Fitness Rm. 1 session

509 March Symphony of Sacred Sound

Lorri Mathewson

Wednesday Mar 27 1:00–2:00
Fee: \$20 Oasis Fitness Rm. 1 session

510 April Symphony of Sacred Sound

Lorri Mathewson

Wednesday Apr 10 1:00–2:00
Fee: \$20 Oasis Fitness Rm. 1 session

511 Yoga and a Sound Journey

Yvonne Martin and Lorri Mathewson

Friday Mar 15 10:30–12:00
Fee: \$25 Oasis Fitness Rm. 1 session

512 Yoga Pose Workshop with Yvonne

Yvonne Martin

Friday Mar 8 10:30–12:00
Fee: \$15 Oasis Fitness Rm. 1 session

513A Kripalu Yoga with Yvonne (In-Person)

Yvonne Martin

Mondays Jan 22–Apr 8 10:30–11:30
Fee: \$72 Oasis Fitness Rm. 12 sessions

514A Kripalu Yoga with Yvonne (In-Person)

Yvonne Martin

Wednesdays Jan 24–Apr 10 10:30–11:30
Fee: \$72 Oasis Fitness Rm. 12 sessions

515A Hatha Yoga with Pam (In-Person)

Pam LeBlanc

Tuesdays Jan 16–Apr 9 10:30–11:45
Fee: \$78 Oasis Fitness Rm. 13 sessions

516A Hatha Yoga with Pam (In-Person)

Pam LeBlanc

Thursdays Jan 18–Apr 11 10:30–11:45
Fee: \$78 Oasis Fitness Rm. 13 sessions

517A Nia: Move, Feel, Heal (In-Person)

Elaine Wolf

Mondays Jan 22–Apr 8 10:30–11:30
Fee: \$72 Life-Force Sanctuary 12 sessions

518 Cardio Drumming

Tammy Panzironi

Mondays Jan 22–Mar 11 9:00–9:45
Fee: \$50 Oasis Fitness Rm. 8 sessions



*A special thank you to those who support
Oasis through their gifts and their time.*

*For a list of current donors please visit:
update.oasisnet.org/about-us/#donors*

IN-PERSON COURSES

Full class descriptions are on our website.
Registration will begin on January 2
online at: update.oasisnet.org.

526 Oasis Hikers for Health: Forest Bathing and Waterfall Gazing

Sigi Schwinge and Barbara Crane

Tuesdays Mar 19–Apr 2 9:00–12:00

Fee: \$10 Oasis Studio 2 sessions



Volunteer Opportunities

701 New Volunteer Overview

Jennifer Michella and Tiffany Alvarez Smith

Tuesday Jan 16 10:00–11:00

Free Oasis Studio 1 session

702 Volunteer Meeting

Jennifer Michella

Thursdays Jan 18–Mar 21 3:30–4:30

Free HealthLink Rm. 3 sessions

703 Leadership Team Meeting

Jennifer Michella

Wednesdays Jan 3–Apr 3 1:00–2:00

Free HealthLink Room 4 sessions

Don't miss out on the latest news from Oasis!

- If you want to receive the latest information about Oasis classes, volunteer opportunities and events that matter to you, it's important that you give us permission to communicate with you through bulk email (our eBlast system).
- To do this, sign into **MyOasis** and click on the **Opt-In** button or call us at **(315) 464-6555**, and we'll help you opt in to receive eBlasts and stay up-to-date on the latest class & center information.

SEVERE WEATHER OR EMERGENCIES

In the event of severe weather or emergencies, in-person Oasis and Vitality class cancellations will be announced via the following:

- A recorded message on our voicemail (Oasis classes 315-464-6555 and Vitality classes 315-464-9939) after 7 a.m.
- A status update on our Facebook page: Syracuse Oasis
- Announcements on TV channels: 3, 5, 9 and 10.

**Online learning will continue as scheduled even though
in-person classes may be cancelled.**

ZOOM COURSES

Full class descriptions are on our website.
Registration will begin on January 2
online at: upstate.oasisnet.org.

These classes will be held on Zoom:

- How to join - you will need to download the Zoom app to your device prior to class. Please visit: zoom.us/download
- Zoom meeting information will be included in registration receipts. Please be sure to save your receipt or conveniently file Zoom meeting ID and passcode for easy use. You may also view your receipt at any time on your MyOasis account dashboard by clicking "view/print class term receipt."
- If you have any questions about Zoom please call the front desk at (315) 464-6555.



Arts & Humanities

106 Edvard Munch

Laura Nicholls

Thursday Jan 25 1:00–2:30

Fee: \$15 Online Course 1 session

107 Two Artists of the Harlem Renaissance: Aaron Douglas and Charles Alston

Laura Nicholls

Thursday Feb 22 1:00–2:30

Fee: \$15 Online Course 1 session

108 Rosa Bonheur

Laura Nicholls

Thursday Mar 14 1:00–2:30

Fee: \$15 Online Course 1 session

109 Edward Stelchen

Laura Nicholls

Thursday Apr 11 1:00–2:30

Fee: \$15 Online Course 1 session

119 The World of Sherlock Holmes

Donald Bridy

Tuesdays Feb 6–20 1:00–2:30

Fee: \$35 Online Course 3 sessions

120 Oasis Book Group

Wendy Davenport

Tuesdays Jan 16–Apr 9 10:00–11:00

Fee: \$20 Online Course 4 sessions

121 Banned Books Redux

Wendy Davenport

Mondays Feb 26–Apr 8 2:00–3:00

Fee: \$25 Online Course 5 sessions

No class 3/11, 4/1

122 CNY Reads Presents The Violin Conspiracy

Wendy Davenport

Tuesday Feb 20 2:00–3:00

Free Online Course 1 session

125 Fairy Tale Interpretation: Cinderella Variation

Kaye Lindauer

Wednesdays Jan 31–Feb 7 1:00–3:00

Fee: \$36 Online Course 2 sessions

126 Narcissism and the Psychology of Envy

Kaye Lindauer

Thursday Feb 29 1:00–3:00

Fee: \$18 Online Course 1 session

127 From Medieval Alchemy to Jungian Psychology

Kaye Lindauer

Wednesdays Mar 20–Mar 27 1:00–3:00

Fee: \$36 Online Course 2 sessions

129 Life in Ancient Rome

Susan Sharp

Thursday Mar 28 1:00–2:30

Fee: \$15 Online Course 1 session

131 The Presidency IX: The Cold Warriors

Tom Henry

Mondays Mar 4–Mar 25 2:30–4:30

Fee: \$46 Online Course 4 sessions

135 Travel Treks: Scenic Switzerland

Diana Biro and Eric Rogers

Wednesday Feb 28 1:00–2:30

Fee: \$10 Online Course 1 session

Science

201 Environmental Currents 2024

Stuart J. Spiegel

Mondays Feb 12–Mar 4 1:00–2:30

Fee: \$40 Online Course 4 sessions

202 The Impact of Human Population on our Fragile Earth

Len Sharp

Monday Jan 29 1:00–3:00

Fee: \$15 Online Course 1 session

ZOOM COURSES

Full class descriptions are on our website.
Registration will begin on January 2
online at: update.oasisnet.org.

204 All About Sea Glass!

Susan Sharp

Tuesday Feb 27 1:00–2:30
Fee: \$15 Online Course 1 session

205 Searching for Other Habitable Worlds and E.T.

Len Sharp

Wednesday Mar 6 1:00–3:00
Fee: \$15 Online Course 1 session



Personal Development & Enrichment

305 Tarot Made Easy

Lisa McCall

Thursday Mar 7 1:00–3:00
Fee: \$15 Online Course 1 session

312 Organizing 101

Liz Bremer

Monday Jan 29 2:00–3:00
Fee: \$15 Online Course 1 session

317 Beginning Irish

Shannon O'Neill

Tuesdays Jan 16–Mar 5 12:30–1:30
Fee: \$48 Online Course 8 sessions

318 Intermediate Irish

Shannon O'Neill

Tuesdays Jan 16–Mar 5 2:15–3:45
Fee: \$48 Online Course 8 sessions

320 Spanish 1

Cathy Bryant

Thursdays Jan 18–Apr 11 4:00–5:00
Fee: \$65 Online Course 13 sessions

321 Spanish 2

Cathy Bryant

Thursdays Jan 18–Apr 11 2:00–3:00
Fee: \$65 Online Course 13 sessions

322 Spanish 3

Cathy Bryant

Thursdays Jan 18–Apr 11 12:00–1:30
Fee: \$65 Online Course 13 sessions

323 Spanish 4

Carolyn Stark

Wednesdays Jan 17–Apr 10 11:00–12:30
Fee: \$52 Online Course 13 sessions

324 Spanish 5

Carolyn Stark

Wednesdays Jan 17–Apr 10 9:00–10:30
Fee: \$52 Online Course 13 sessions



Health & Fitness



513B Kripalu Yoga with Yvonne (Zoom)

Yvonne Martin

Mondays Jan 22–Apr 8 10:30–11:30
Fee: \$72 Online Course 12 sessions

514B Kripalu Yoga with Yvonne (Zoom)

Elaine Wolf

Wednesdays Jan 24–Apr 10 10:30–11:30
Fee: \$72 Online Course 12 sessions

515B Hatha Yoga with Pam (Zoom)

Pam LeBlanc

Tuesdays Jan 16–Apr 9 10:30–11:45
Fee: \$78 Online Course 13 sessions

516B Hatha Yoga with Pam (Zoom)

Pam LeBlanc

Thursdays Jan 18–Apr 11 10:30–11:45
Fee: \$78 Online Course 13 sessions

517B Nia: Move, Feel, Heal (Zoom)

Elaine Wolf

Mondays Jan 22–Apr 8 10:30–11:30
Fee: \$72 Online Course 12 sessions

ZOOM COURSES

Full class descriptions are on our website.
Registration will begin on January 2
online at: upstate.oasisnet.org.

519 T-N-T: Tight and Tone

Tammy Panzironi

Tuesdays Jan 16–Apr 9 9:00–9:40
Fee: \$72 Online Course 13 sessions

520 T-N-T: Tight and Tone

Tammy Panzironi

Thursdays Jan 18–Apr 11 9:00–9:40
Fee: \$72 Online Course 13 sessions

521 Low-Impact Aerobics

Tammy Panzironi

Tuesdays Jan 16–Apr 9 9:45–10:15
Fee: \$65 Online Course 13 sessions

522 Low-Impact Aerobics

Tammy Panzironi

Thursdays Jan 18–Apr 11 9:45–10:15
Fee: \$65 Online Course 13 sessions

523 Power Sculpt

Tammy Panzironi

Wednesdays Jan 17–Apr 10 9:00–9:45
Fee: \$72 Online Course 13 sessions

524 Yoga-Lates

Tammy Panzironi

Fridays Jan 19–Apr 12 9:00–10:00
Fee: \$78 Online Course 12 sessions
No class 3/29

525 Tai Chi for Life

Lee Livermore

Mon/Thur Feb 19–Mar 28 10:00–11:00
Fee: \$72 Online Course 12 sessions



Don't miss these FREE classes for Onondaga County residents!

For more information and for the registration link, please search “living healthy” at Upstate.edu or email livinghealthy@upstate.edu.

Tai Chi for Arthritis and Falls Prevention

Co-peer leaders certified in CDSMP by Stanford University

Mon/Thur Jan 8–Mar 4 10:00–11:00
Free Online Course 16 sessions
No class 1/15

Program de autocontrol de enfermedades crónicas–Tomando Control de su Salud

Co-peer leaders certified in CDSMP by Stanford University

Tuesdays Jan 16–Feb 20 10:00–12:30
Free Ross Towers 6 sessions

Living Healthy with a Chronic Condition

Co-peer leaders certified in CDSMP by Stanford University

Wednesdays Feb 21–Mar 27 10:00–12:30
Free Eastwood Heights 6 sessions

Living Healthy with a Chronic Condition –with ASL interpreter

Co-peer leaders certified in CDSMP by Stanford University

Tuesdays Apr 2–May 7 1:00–3:30
Free ARISE 6 sessions

Fees are due at the time of registration and are nontransferable and non-refundable unless Oasis cancels a class. If you have jury duty or a medical reason that prevents you from attending class, you may be eligible for an Oasis credit. Cancellation requests must be made 48 hours prior to the start of class. Please note: Military Veterans should contact Oasis to have a \$15 non-cumulative credit applied to their account.

Thank you for your service.

CHRONIC DISEASE SELF-MANAGEMENT PEER LEADER TRAINING

April 15-18, 2024, 8:30 a.m.-4:30 p.m.

Attendance at all four days is required for certification.

Upstate Medical University Oasis is **seeking volunteers to become certified peer leaders** for the Chronic Disease Self - Management Program

Become a Chronic Disease Self-Management Community Peer Leader. This is a great opportunity for volunteers who want to give back by helping their peers learn to manage their chronic condition(s).

With this training you gain the qualifications to lead interactive community-based workshops to help people improve their self-management skills to help control their ongoing health conditions.

**Training will be held at Upstate Oasis,
6333 NY Route 298, East Syracuse**

TO REGISTER:

e-mail Lisa at Vigliotl@upstate.edu or

call (315) 447-3434

www.Upstate.edu/Livinghealthy



The Advocates for
UPSTATE
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 **UPSTATE
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