

OASIS

Vitality Hub with Support for Fitness and Wellness

Visit the Oasis platform for information to aid in your journey towards healthy, balanced mental and physical health.

Try visiting the Oasis library of videos, exercises, and articles written by experts to strengthen your physical and mental fitness.

Reach out to an Oasis Support Counselor to receive emotional support!

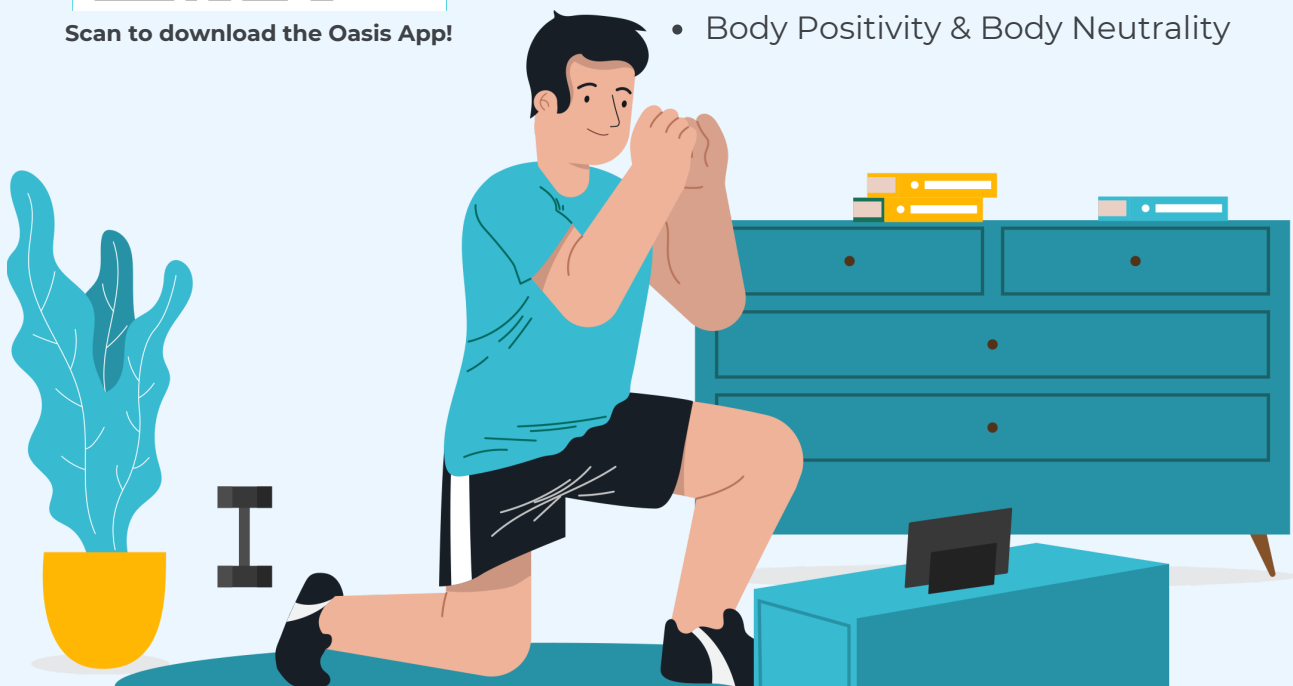


Scan to download the Oasis App!



Suggested Self-Care Content

- How Exercise Benefits Mental Health
- Exercise: Tips for Getting Started
- Wellbeing, Wellness, & Health: What's the Difference?
- Body Image Basics
- Body Positivity & Body Neutrality



Oasis is a free mental health resource to students at your School.