



Tobacco-Free Policy

Prepared for: Blue Zones Project Palm Springs — Recognized Organization Review

Prepared by: Shanae Smith, Founder, Oasis Integrated Wellness Solutions (Midlife Bloom Method™)

Effective Date: To be entered upon adoption

1. PURPOSE

Oasis Integrated Wellness Solutions is committed to creating environments — physical and virtual — that support the health, longevity, and well-being of our clients, staff, partners, and community. This policy formally designates Oasis Integrated Wellness Solutions as a Tobacco-Free Organization, in alignment with Blue Zones Project principles and in support of our pursuit of Blue Zones Recognized Organization status.

2. SCOPE

This policy applies to:

- All Oasis Integrated Wellness Solutions coaching sessions, classes, workshops, and cohort programming, whether conducted in person or virtually
- Any physical location operated, leased, or used by Oasis Integrated Wellness Solutions for business purposes
- All company-hosted or company-affiliated events, including but not limited to Bloom Day and any Blue Zones Week programming
- All employees, contractors, subcontractors, personal training clients, coaching clients, vendors, and volunteers acting on behalf of Oasis Integrated Wellness Solutions
- Any Oasis-branded vendor table, booth, or exhibit space at third-party events

3. POLICY STATEMENT

Oasis Integrated Wellness Solutions prohibits the use of all tobacco and nicotine products at any time on company premises, during company-hosted events, and at any Oasis-branded vendor table or booth, regardless of venue. This includes:

- Cigarettes, cigars, and pipes



- Smokeless and chewing tobacco
- Electronic cigarettes, vape pens, and all electronic nicotine delivery systems (ENDS)
- Hookah and any other combustible or vaporized tobacco or nicotine product

This policy applies at all times during business operations, coaching sessions, classes, and events — with no designated smoking areas, in keeping with Blue Zones Project tobacco-free worksite standards.

4. EMPLOYEES, CONTRACTORS & VENDORS

All Oasis Integrated Wellness Solutions staff, contractors, and any vendor operating under the Oasis or Midlife Bloom Method name are expected to comply with this policy as a condition of engagement. This policy is communicated to all new hires, contractors, and event vendors at the time of onboarding or booking.

5. SUPPORT FOR CESSATION

Oasis Integrated Wellness Solutions supports tobacco and nicotine cessation as part of its broader wellness mission. Clients or staff seeking cessation support will be referred to community and public health cessation resources, including those made available through Blue Zones Project Palm Springs and Riverside University Health System (RUHS).

6. SIGNAGE & COMMUNICATION

Where Oasis Integrated Wellness Solutions operates a physical space or event presence (including vendor tables), this policy will be communicated through signage designating the space as a Tobacco-Free Zone, consistent with Blue Zones Project designation standards.

7. ENFORCEMENT

Any individual found in violation of this policy while representing or engaging with Oasis Integrated Wellness Solutions will be asked to cease the activity immediately. Repeated noncompliance by staff, contractors, or vendors may result in removal from the event, program, or engagement.

8. ADOPTION



This policy reflects the standing practice and values of Oasis Integrated Wellness Solutions and is adopted in support of the organization's pursuit of Blue Zones Recognized Organization status.

Approved by

Shanae Smith

Founder, Oasis Integrated Wellness Solutions | Midlife Bloom Method™

Date: 8/21/2024