

UPCOMING CLASS

TAI CHI FOR BETTER BALANCE

The movements of the Chinese martial art Tai Chi can help seniors reduce the risk of falling, increase balance, and increase flexibility. This six-week class teaches participants ways to improve their overall mind, body, and spirit through a series of slow, continuous movements. It does not matter how strong, flexible, or active you are, as Tai Chi is designed for people at all levels of health.



Anadarko First Baptist Church

700 W. Petree Road

Anadarko, OK 73005

Tuesdays & Thursdays, 10:30 a.m.

August 27, 2019 – November 14, 2019

WHAT TO BRING

You are welcome to bring something on which to take notes. We will provide take-home materials for all the information we cover in class. Comfortable clothes and shoes are encouraged.

HOW TO SIGN UP

To register, call Rhonda David, Southwest OHAI Center of Healthy Aging Education Specialist, at 580-699-3976, or toll-free at 844-692-6188.

Pre-registration is required to guarantee your copy of presentation materials. Walk-in guests will be accepted as space allows.

Southwest OHAI Center of Healthy Aging

3811 W. Gore Blvd., Suite 8

Lawton, OK, 73505

580-699-3976

www.OHAI.org

The Oklahoma Healthy Aging Initiative (OHAI) is a program of the Donald W. Reynolds Department of Geriatric Medicine at The University of Oklahoma and is supported by the Donald W. Reynolds Foundation.

WALK AWAY WITH TOOLS FOR:

- Improving Balance and Posture
- Strengthening Muscles
- Improving the Quality of Sleep
- Enhancing Stamina
- Increasing Energy Level
- Relieving Stress
- Improving Cardiovascular Functions
- Lowering High Blood Pressure
- Reducing Arthritic Symptoms by Increasing Flexibility & Mobility
- Reducing the Risk of Falling and the Fear of Falling

This class is sponsored in part by The Physicians' Hospital in Anadarko.