

## UPCOMING CLASS

### HEALTHIER CHOICES, HEALTHIER YOU

#### St. Francis Montessori

#### Pre School

602 S. West Street, Room 5

Stillwater, OK 74074

1:00 – 3:30 pm, Wednesdays

October 4<sup>th</sup> – November 8<sup>th</sup>

This class is designed to equip participants with the tools to manage the symptoms that stem from any on-going health condition. Learn skills that help manage pain, fatigue, sleeplessness, stress and much more. Each session of this 6 week series, empowers you with tools that can put you back in control of your health.



#### WHAT TO BRING

You are welcome to bring something for taking notes. We will provide the companion book and relaxation cd.

#### HOW TO SIGN UP

To register, call Maricela at 405-271-6424, or call Brandi Bishop at 405-742-5791.

You need to be registered in order to attend.

#### WHO THIS IS FOR

This class is designed for individuals and caregivers who are managing an on-going health condition such as but not limited to arthritis, diabetes, anxiety, hypertension, COPD, physical limitations, vision or hearing loss.

#### WALK AWAY WITH TOOLS FOR:

- Symptom management
- Better sleep
- Appropriate exercise for the individual
- Dealing with the blues and stress
- Thriving vs. getting by
- And much more

#### Central OHAI

#### Center of Healthy Aging

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