

UPCOMING CLASS

TAI CHI: MOVING FOR BETTER BALANCE

St. Francis Montessori Pre School

602 S. West Street, Room 6

Stillwater, OK 74074

5:15 – 6:15 pm, Tuesdays

September 12th – November 28th

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

WHAT TO BRING

Participants are encouraged to bring pen and paper for taking notes, a bottle of water, and non-skid shoes. OHAI will provide take-home materials for all information covered in class.

HOW TO SIGN UP

To register, call Maricela at 405-271-6424, or email CentralOHAI@ouhsc.edu

You need to be registered in order to attend.



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

Central OHAI

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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.