

UPCOMING CLASS

TAI CHI: MOVING FOR BETTER BALANCE ADVANCED CLASS

St. Francis Montessori Pre School

602 S. West St, Classroom 6

Stillwater, OK 74074

1:30 – 2:30 pm, Tuesdays & Thursdays

September 12th – October 19th

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

or

Call Brandi Bishop, Parish Nurse, at 405-269-2252 or email bmb29@hotmail.com

You need to be registered in order to attend.

Central OHAI

Center of Healthy Aging

1122 NE 13th St., Suite 186

Oklahoma City, OK 73117

405-271-6424

CentralOHAI@ouhsc.edu

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.

This six week advanced series allows those who have completed Tai Chi Moving for Better Balance (TCMBB) to maintain the practice of the skills they have already learned.

Participants will transition through the 8 positions they learned in TCMBB, increasing their ability to keep up with the practice. Studies show that the continued practice of these 8 positions helps decrease the risk of falls.



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