

## Stillwater Medical Center

### Stillwater Public Library

1107 S. Duck, Room 214

Stillwater, OK 74074

1:00 – 3:30 pm, Wednesdays

March 7<sup>th</sup> – April 11<sup>th</sup>, 2018

### 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.

### 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.*

## UPCOMING CLASS

### HEALTHIER CHOICES, HEALTHIER YOU

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.



### 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