

St. Francis Catholic Church

711 N. Country Club, Room 166

Stillwater, OK 74075

5:30 – 6:30 pm, Tuesdays

April 17th – July 17th

No Class June 5th or July 3rd

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 call Brandi 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

TAI CHI: MOVING 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



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