

UPCOMING CLASS

TAI CHI FOR BETTER BALANCE

Prairie Pointe Assisted Living

701 West Olive Street

Stroud, OK 74079

3 p.m. Tuesdays & Thursdays

August 27th through

October 3rd, 2019

WHAT TO BRING

You are welcome to bring something to take notes with. We will provide take-home pamphlets and fliers for all of the information we cover in each class.

HOW TO SIGN UP

To register, call Devon Murray, Northeast OHA Center of Healthy Aging Education devon-murray@ouhsc.edu. You need to be registered in order to attend.

OHA Northeast Center of Healthy Aging

2417 E. 53rd Street, Suite B

Tulsa, OK 74105

918-779-7367

NEOHA@ouhsc.edu

OHA.org

The Oklahoma Healthy Aging Initiative (OHA) 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 class is Sponsored by First Physician Capital Group and the Stroud Regional Hospital.

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