

TAI CHI: MOVING FOR BETTER BALANCE

LAWTON PUBLIC LIBRARY

10am, 12pm, or 2pm

Tuesdays & Fridays

November 1st – December 13th

Class will be 1 hour in length

*dates subject to flexibility due to holidays

HOW TO SIGN UP

To register, call or email:

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Southwest OHAI

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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.

The movements of the Chinese martial art Tai Chi can help seniors reduce the risk of falling, increase balance, and increase flexibility. This 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