

SWOSU Offering Three CE Activities During Spring Semester

01.08.2008

Southwestern Oklahoma State University is offering three continuing education activities during the 2008 spring semester on the Weatherford campus. They are:

- **Line Dancing**

February 4-May 9, 5:15-6:15 p.m. Meets twice a week on Mondays and Fridays

- **Beginning Tai Chi for Life: Fall Prevention and Teacher Training**

January 24–February 28, 7-8:30 p.m.

March 6-April 17, 7-8:30 p.m. (repeat) Meets on Thursday evenings

- **Intermediate Tai Chi for Life: Fall Prevention and Teacher Training**

January 24–February 28, 7-8:30 p.m.

March 6-April 17, 7-8:30 p.m. (repeat)

Meets on Thursday evenings

Activity summaries are:

Line Dancing is designed to increase your fitness, coordination, range of motion and to have fun. It is an extremely low impact activity for people of all levels of fitness. Come as you are; workout attire is not required. Bring a partner for couples dancing scheduled one night per month. Tina Barnes is the instructor.

Beginning Tai Chi for Life, Fall Prevention and Teacher Training is designed to improve flexibility, balance, muscle strength, and aid in stress management and injury prevention—especially relating to falling. These low impact and slow moving exercises are appropriate for individuals from teens to seniors and have a long history of being effective in strengthening the muscles that support and align the joints. Tai Chi is officially classified as a “moderate aerobic activity,” as is “brisk walking.” Dr. Robert (Sam) Lackey is the instructor.

Intermediate Tai Chi for Life, Fall Prevention and Teacher Training will help improve on the postures that were practiced in *Beginning Tai Chi for Life* and additional postures will also be introduced. *Beginning Tai Chi for Life* is a pre-requisite for *Intermediate Tai Chi for Life*. Dr. Robert (Sam) Lackey is the instructor.

SWOSU CE activity registration and participant fee information are available by phone, 580.774.7012, or in person at the SWOSU Office of Sponsored Programs, Room 209, Thomas P. Stafford Center, on the SWOSU Weatherford campus. Registration for CE Activities is on a first-come, first-serve basis. Early registration is recommended.

Additional information and the current activity schedule regarding CE activities at SWOSU may be found at the SWOSU CE website located at <http://www.swosu.edu/administration/osp/ce/index.asp>.