

# Tai Chi Activity Being Offered June 14

05.29.2007

A continuing education activity entitled "Tai Chi Anywhere: Tai Chi Adapted to the Worksite, Travel, and Seated Postures," will be offered on Thursday evening, June 14, from 7-9 p.m. in the Wellness Center on the Southwestern Oklahoma State University campus in Weatherford.

The CE activity is geared towards individuals who have arthritis, diabetes, osteoporosis, and balance difficulties.

According to instructor Dr. Robert Lackey, individuals will learn the basic understanding of the origins and current nature of Tai Chi as a world-wide form of exercise. Tai Chi movements are designed to work anywhere—during breaks at work, for travelers, or anyone who must deal with space limitations or the need to practice in a sitting position.

Lackey said Tai Chi is geared to improve flexibility, balance, muscle strength, and aid in injury avoidance, especially falling. The exercises are appropriate for individuals of all ages and have a long history of being effective in stress management.

The participant fee is \$35.

Two six-week Tai Chi activities will also be offered later this summer. They are "Beginning Tai Chi for Life: Relaxation and Teacher Training," and "Intermediate Tai Chi for Life: Relaxation and Teacher Training." These two CE Activities will be offered on Thursday evenings from 7-8:30 p.m. beginning June 21 and ending July 26. The participant fee for "Beginning Tai Chi" or "Intermediate Tai Chi" is \$60.

CE activity registration is on a first-come, first-serve basis. Registration and general information are available by phone, 580.774.7012, or in person at the SWOSU Office of Sponsored Programs, Room 209, Thomas P. Stafford Building, on the SWOSU Weatherford campus. Pre-registration is strongly encouraged for all CE Activities.

Additional SWOSU CE information may be found at <http://www.swosu.edu/administration/osp/ce/index.asp>.