

# Three CE Activities Being Offered at SWOSU

08.28.2008

Southwestern Oklahoma State University has three continuing education activities planned for Fall 2008 on the Weatherford campus.

They include: Line Dancing; Beginning Tai Chi for Health and Certification Training, and Intermediate Tai Chi for Health and Certification Training.

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 and Continuing Education, Room 209, Stafford Center, on the SWOSU campus.

Registration for CE activities is on a first-come, first-serve basis. Registration is required.

Additional information and 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>.

Activity summaries include:

**Line Dancing** is designed to increase 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. Tina Barnes is the instructor for this CE Activity.

**Beginning Tai Chi for Health and Certification 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.”

**Intermediate Tai Chi for Health and Certification Training** will help improve on the postures that were practiced in *Beginning Tai Chi* and additional postures will also be introduced. *Beginning Tai Chi* is a pre-requisite for *Intermediate Tai Chi*. Dr. Robert (Sam) Lackey is the instructor for both Tai Chi activities.