

SWOSU Announces CE Activities for Fall Semester

08.23.2007

Southwestern Oklahoma State University Continuing Education is offering several Continuing Education (CE) activities this fall on the Weatherford campus.

Currently scheduled activities are:

- **Line Dancing**
 - # September 7–December 21, 2007
 - # 5:15 p.m.-6:15 p.m
 - # Meets twice a week on Mondays and Fridays
- **Beginning Tai Chi for Life: Relaxation and Teacher Training**
 - # September 6– October 11, 2007, 7-8:30 p.m.
 - # November 11– December 13, 2007, 7-8:30 p.m. (repeat
 - # Meets on Thursday evenings
- **Intermediate Tai Chi for Life: Relaxation and Teacher Training**
 - # September 6– October 11, 2007, 7-8:30 p.m.
 - # November 11– December 13, 2007, 7-8:30 p.m. (repeat
 - # Meets on Thursday evenings
- **Balance Improvement and Stress Management Based on Medical Tai Chi**
 - # October 25, 2007, 7-9 p.m. (One time session)

Activity summaries are:

Line Dancing is an extremely low impact activity for people of all levels of fitness. The activity is geared toward individuals that are not involved in any exercise program currently and will assist in improving fitness levels, coordination, and range of motion. Tina Barnes is the instructor for this CE Activity.

Beginning Tai Chi for Life is geared toward those who want to improve their flexibility, balance, muscle strength, and aid in injury avoidance (especially falling). These exercises are appropriate for individuals of all ages and have a long history of being effective in stress management.

Intermediate Tai Chi for Life 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.

Balance Improvement and Stress Management Based on Medical Tai Chi is geared towards individuals who have arthritis, diabetes, osteoporosis, and balance difficulties. Individuals will learn the basic understanding of the origins and current nature of Tai Chi as a world-wide form of exercise. This one evening activity will include both standing and seated energy exercises designed to promote relaxation.

Dr. Robert (Sam) Lackey is the Instructor for Beginning and Intermediate Tai Chi for Life and Balance Improvement and Stress Management Based on Medical Tai Chi.

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>.