

Three CE Activities Offered at SWOSU

10.20.2008

Southwestern Oklahoma State University is offering three Continuing Education courses on the Weatherford campus during the remainder of the 2008 fall semester. They include:

- **Beginning Tai Chi for Health and Certification Training**

October 23-December 4, 7:00-8:30 p.m., SWOSU Wellness Center, Room 143, meets on Thursday evenings

- **Intermediate Tai Chi for Health and Certification Training**

October 23– December 4, 7:00-8:30 p.m., SWOSU Wellness Center, Room 143, meets on Thursday evenings

- **Beginning Asian Painting & Calligraphy**

November 11, 13, & 18, 6:30 – 8:00 p.m., SWOSU Art Building, Room 414, meeting on Tuesday, Thursday, and Tuesday

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*.

Beginning Asian Painting & Calligraphy is geared toward individuals interested in Asian culture and wants to learn Asian Painting & Calligraphy skills. The structure includes demonstrations, and in-class practice activities. Each participant will learn the basic skills on brush in k painting of still life, and calligraphy in Asian characters. This activity is open to anyone with an interest with no skills or prerequisites required.

SWOSU Continuing Education 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. Registration for CE Activities is on a first-come, first-serve basis.

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