



Lifestyle & Learning

Please join us for Facebook Live and Virtual Classes!

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Tai Chi for Better Balance

Monday and Wednesday @ 9:00 a.m., 1:00 p.m., and 3:30 p.m.

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Monday and Wednesday @ 10:15 a.m. and 2:15 p.m. Friday
9:00 a.m., 1:00 p.m., and 3:30 p.m. 2 p

Join us for the live classes during the times listed above at www.Facebook.com/OKHealthyAging/. Registration is not necessary, but we do ask that you "Like" the video or leave us a comment. The live videos will be recorded and can be accessed anytime on our Facebook page under videos on the left side of the page.

Virtual Classes

***Powerful Tools for Caregivers**

Monday & Wednesday @ 10:00 a.m.
2x/week for 3 weeks

***Healthy Brain, Healthy Mind**

Begins Tuesday, April 7th @ 10:30 a.m.
1x/week for 4 weeks

***Diabetes and Beyond**

Begins Tuesday, April 14th
Tuesday and Thursday @ 11:00 a.m.
2x/week for 3 weeks

Registration is required, for classes with an asterisk (*).
Call 888-616-8161 or email Devon-Murray@ouhsc.edu to register.

Additional information and class material will be provided to you with your registration.



The Oklahoma Healthy Aging Initiative is a program of the Donald W. Reynolds Section of Geriatric Medicine at The University of Oklahoma and supported by the Donald W. Reynolds Foundation.