

**COMMUNITY EVIDENCE-BASED PROGRAMS - OKLAHOMA DOESN'T SIT STILL**

11/24/2009

Type of Physical Activity	Organization	Address	City	State	Phone
<p align="center"><b>EnhanceFitness Program</b></p> <p>Combines the three key components of fitness: strength training, flexibility, and cardiovascular conditioning. To ensure safety, each exercise was developed by experts in the field of physical therapy, in conjunction with agencies serving older adults.</p>	Ada Senior Center (Ongoing Class)	1005 Chamber	Ada	OK	(405) 436-1007
	Marie Bailey Center (Ongoing Class)	1600 Jack John Circle	Ada	OK	(580) 759-2971
	Antlers Nutrition Center (Ongoing Class)	248 NW "A" Street	Antlers	OK	(918) 465-4840
	Broken Bow Nutrition Center (Ongoing Class)	210 N. Broadway	Broken Bow	OK	(918) 465-4840
	Clayton Nutrition Center (Ongoing Class)	3rd and Cherokee	Clayton	OK	(918) 465-4840
	Connerville Senior Nutrition Center	6700 N. US Hwy 377	Connerville	OK	(580) 795-9790
	Duncan Senior Nutrition Center	1901 W. Plato	Duncan	OK	(580) 795-9790
	Garvin Nutrition Center (Ongoing Class)	117 North Hawkins	Garvin	OK	(918) 465-4840
	Idabel Nutrition Center (Ongoing Class)	304 East Main	Idabel	OK	(918) 465-4840
	Kiowa Nutrition Center (Ongoing Class)	104 North Harrison	Kiowa	OK	(918) 465-4840
	McAlister Nutrition Center (Ongoing Class)	801 North Ninth	McAlester	OK	(918) 465-4840
	Pauls Valley Senior Center (Ongoing Class)	107 N. Indian Meridian Road	Pauls Valley	OK	(405) 207-9034
	Purcell Senior Center (Ongoing Class)	703 Sherri Classic Blvd.	Purcell	OK	(405) 527-8855
	Shawnee Community Center (Ongoing Class)	804 S. Park Ave.	Shawnee	OK	(405) 275-3986
	Shawnee Senior Nutrition Center (Ongoing Class)	401 N. Bell	Shawnee	OK	(405) 273-3213
	Golden Age Senior Senior Center (Ongoing Class)	708 N. 6th Street	Tecumseh	OK	(405) 275-4530
	Tishomingo Senior Site (Ongoing Class)	1101 W. Ray Branum	Tishomingo	OK	(580) 371-9667
	Valliant Nutrition Center (Ongoing Class)	311 Johnson Street	Valliant	OK	(918) 465-4840
	Wilburton Senior Nutrition Center (Ongoing Class)	309 West Ada	Wilburton	OK	(918) 465-2122
	<p align="center"><b>Living Longer Living Stronger with Chronic Conditions</b></p> <p>This program is attended by people with different chronic diseases. In classes, they learn how to manage, maintain, and increase their life activities.</p>	Clara Waters Correctional Center		Oklahoma City	OK
Jess Dunn Correctional Center			Taft	OK	
MA Retirement Center		1400 NW 115th St	OKC	OK	(405) 272-0476
Prince of Peace Lutheran Church		2800 Turner Rd.	Ponca City	OK	580-762-7698
Oklahoma City First Church of the Nazarene (TBA)		4400 N. W. Expressway	OKC	OK	(405) 942-5800
Chickasaw Nation Family Life Center		229 W. Seabrook Road	Ada	OK	(580) 310-9661
The Homestead		901 Homestead	Alva	OK	(580) 327-4080
Northwestern Oklahoma State Univ. (Ongoing Class)		709 Oklahoma Ave	Alva	OK	(580) 327-8150
Apache Housing Authority (Ongoing Class)		402 Oak	Apache	OK	(580) 588-2905
Ardmore Village (Ongoing Class)		2401 Village Lane	Ardmore	OK	(580) 223-4174
Ladies Workout Express		2015 W Broadway, Suite 38	Ardmore	OK	(580) 224-9205
<p align="center"><b>Arthritis Foundation Exercise Program</b></p> <p>Gentle, joint-safe exercises developed specifically for people with arthritis help relieve stiffness and decrease arthritis pain. Low-impact class can be taken either sitting down or standing. Led by Arthritis Foundation certified instructors.</p>		Wilson Community Center (Ongoing Class)	314 First, S.E.	Ardmore	OK
	Chickasaw Nation Wellness Center	911 Locust	Ardmore	OK	(580) 222-2828
	Daily Family YMCA of Bixby	7910 E. 134th St. S	Bixby	OK	(918) 369-9622
	LIFE Senior Services	3106 S. Juniper Ave.	Broken Arrow	OK	(918) 664-9000
	Senior Citizens Center	113 Hoy	Buffalo	OK	(580) 735-2740
	Ascension Lutheran Church	3617 S.E. 29th	Del City	OK	(405) 677-1444
	Duncan Regional Rehab Services	2000 West Elk	Duncan	OK	(580) 251-8460
	Oakwood Activity Center	401 North Oakwood Road	Enid	OK	(580) 234-4464
	Fairview Fellowship Home & Village (Ongoing Class)	605 E. State Road	Fairview	OK	(580) 227-3783
	No Man's Land Senior Center	515 E. 15th street	Guymon	OK	(580) 338-5049
	Center for Creative Living	3501 Dr. Elise Hamm Dr.	Lawton	OK	(580) 248-0471
	Comanche Nation Elder Center	1107 SW H Ave	Lawton	OK	(580) 492-6434
	McAlester Regional Wellness Center	1400 E. Van Buren	McAlester	OK	(580) 421-6600
	Cleveland County Family YMCA (Ongoing Class)	1350 Lexington	Norman	OK	(405) 364-9622
	Epworth Villa (Ongoing Class) (Open to Public)	14901 N. Pennsylvania Ave.	OKC	OK	(405) 936-5684
	Fountains at Canterbury	1404 N. Pennsylvania	OKC	OK	(405) 751-3600
	INTEGRIS Third Age Life Center	4200 S. Douglas Ave, Ste 114	OKC	OK	(405) 644-6456
	Olivet Baptist Church (Español)	1201 N.W. 10th	OKC	OK	(405) 644-6456
	Pacer Fitness Center (Ongoing Class)	5520 N. Independence	OKC	OK	(405) 949-3891
	Village Christian Church	9401 Ridgeview Drive	OKC	OK	(405) 755-0546
	Woodson Senior Center	3401 S. May Avenue	OKC	OK	(405) 681-3266
	Westminster Village (Ongoing Class) (Residents Only)	1601 Academy Rd.	Ponca City	OK	(580) 762-0927
	Carl Albert St. College (On going Class)	1507 South McKenna St	Poteau	OK	(918) 647-1278
	Total Health (Ongoing Class)	1810 N. Perkins	Stillwater	OK	(405) 624-6592
	Tishomingo Wellness Center	821 East 6th	Tishomingo	OK	(580) 387-2711
	Carver Senior Center	1208 E Pine St	Tulsa	OK	(918) 585-3307
	Center for Individuals with Physical Challenges (Ongoing Class)	815 South Utica Avenue	Tulsa	OK	(918) 584-8607
	Heatheridge Assisted Living (Ongoing Class)	2130 S. 85th E. Ave.	Tulsa	OK	(918) 622-9191
	Montereau in Warren Woods (Ongoing Class - Residents Or	6800 S Granite Ave	Tulsa	OK	(918) 491-5200
	LIFE Senior Services	5950 E. 31st	Tulsa	OK	(918) 664-9000
	LIFE Senior Services	902 E. Pine St.	Tulsa	OK	(918) 664-9000

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<p><b>Arthritis Foundation Exercise Program, cont.</b></p> <p>Gentle, joint-safe exercises developed specifically for people with arthritis help relieve stiffness and decrease arthritis pain. Low-impact class can be taken either sitting down or standing. Led by Arthritis Foundation certified instructors.</p>	Muskogee Swim and Fitness	566 N. 6th St.	Tulsa	OK	(918) 681-4733
	Saint Francis Hospital Health Zone (Ongoing Class)	5353 E 68	Tulsa	OK	(918) 494-8245
	University Village (Ongoing Class)	8555 South Lewis Avenue	Tulsa	OK	(918) 299-2661
	RSVP	518 W. Cherokee	Wagoner	OK	(918) 485-8992
	Silver Arrow Estates	2601 S Elm Pl	Broken Arrow	OK	(918) 451-0383
	Rogers County Health Department	2664 North Highway 88	Claremore	OK	(918) 341-3166
	Langston University		Langston	OK	(405) 466-2923
	Love County Health Department	200 C.E. Colston Drive	Marietta	OK	(800) 627-5486
	Muskogee County Health Department	530 S. 34th St.	Muskogee	OK	(918) 683-0321
	Mayes County Health Department	111 NE 1 Street	Pryor	OK	(918) 825-4224
	Creek County Health Department	1808 S. Hickory	Sapulpa	OK	(918) 224-5531
	<p><b>Arthritis Foundation Self Help Program</b></p> <p>In-depth program teaches knowledge and skills needed to better manage arthritis. Classes cover ways to reduce pain and stress, cope with fatigue, use medications wisely and benefit from exercise. Perfect for the newly diagnosed as well as those whose arthritis requires more aggressive management. Developed at Stanford University, the program is led by Arthritis Foundation certified instructors.</p>	Mary Mahoney Memorial Health Center	12716 N.E. 36th Street	Spencer	OK
Cherokee County Health Department		912 S. College	Tahlequah	OK	(918) 456-8826
Go Ye Village		1201 W. 4th Street	Tahlequah	OK	(918) 456-4542
Tahlequah Senior Center		230 East First Street	Tahlequah	OK	(800) 400-4526
Saint Francis Health Zone		5353 E. 68th St. S., Tulsa	Tulsa	OK	(918) 494-1671
Tulsa Community College - Northeast Campus			Tulsa	OK	(918) 595-7076
Wagoner County Health Department		212 N. Pierce Ave	Wagoner	OK	(918) 485-3022
Chickasaw Nation Family Life Center		219 W. Seabrook Road	Ada	OK	(580) 310-9661
Northwestern Oklahoma State University		709 Oklahoma Ave	Alva	OK	(580) 327-8150
Jane Phillips Physical Therapy Center (Ongoing Class)		3500 E. Frank Phillips Blvd.	Bartlesville	OK	(918) 331-1512
Bethany YMCA (Ongoing Class)		3400 N. Mueller	Bethany	OK	(405) 789-0231
Daily Family YMCA of Bixby		7910 E. 134th St S.	Bixby	OK	(918) 369-9622
<p><b>Arthritis Foundation Aquatic Program</b></p> <p>Incorporates the buoyancy of water and the soothing warmth of a heated pool to make a safe, ideal environment for relieving arthritis pain and stiffness. Gentle movements increase joint flexibility and range of motion, while restoring or maintaining muscle strength. The ability to swim is not required. Led by Arthritis Foundation certified instructors.</p>	Claremore Super Recreation Center (Ongoing Class)	595 Veterans Parkway	Claremore	OK	(918) 341-4516
	Southeastern Oklahoma State University	1405 N. 4th Ave	Durant	OK	(580) 745-2871
	Transformation Fitness	14701 N. Kelly	Edmond	OK	(405) 752-1233
	Texas County Family YMCA (Ongoing Class)	1602 N. Oklahoma Street	Guymon	OK	(580) 338-5720
	Vernie Snow Aquatic Center	Kingfisher Park	Kingfisher	OK	(405) 375-3318
	Lawton Family YMCA (Ongoing Class)	5 S.W. 5th Street	Lawton	OK	(580) 355-9622
	Mannford Activity Center (Ongoing)	100 Cimmaron Ave.	Mannford	OK	(918) 865-6891
	McAlester Regional Wellness Center	1400 E. Van Buren	McAlester	OK	(580) 421-6600
	NEO A & M College	200 "I" Street N.E.	Miami	OK	(918) 540-6325
	Midwest City YMCA (Ongoing Class)	2817 Woodcrest Drive	MWC	OK	(405) 733-9622
	Norman Regional Hospital Physical Prf. Ctr (Ongoing Class)	724 24th Avenue NW	Norman	OK	(405) 447-1571
	Cleveland County Family YMCA (Ongoing Class)	1350 Lexington	Norman	OK	(405) 364-9622
	Fountains at Canterbury	1404 N. Pennsylvania	OKC	OK	(405) 751-3600
	Jim Thorpe Rehab (Ongoing Class)	4319 S. Western	OKC	OK	(405) 644-5293
	The Lighthouse (Ongoing Class)	3333 W. Hefner Road	OKC	OK	(405) 751-3344
	North Side YMCA (Ongoing Class)	10000 N. Penn	OKC	OK	(405) 751-6363
	OCOM (Ongoing Class)	8100 South Walker #B	OKC	OK	(405) 602-6565
	Valir Health Rehab Hospital (Ongoing Class)	700 N.W. 7th Street	OKC	OK	(405) 553-1050
	Earlywine Park YMCA (Ongoing Class)	11801 S.May	OKC	OK	(405) 378-0420
	Epworth Villa (Residents Only)	14901 N. Pennsylvania Ave.	OKC	OK	(405) 752-1200
	George Nigh Rehabilitation/OUHSC (Ongoing Class)	900 E Airport Road	Okmulgee	OK	(918) 756-9211
	Bosa Center	208 Bosa Avenue	Pauls Valley	OK	(405) 238-1238
	ConocoPhillips Aquatic Center (Employees & Retirees Only)	Contact Allison Van Natter	Ponca City	OK	(580) 767-4203
	Pryor Creek Recreation Center (6-week)	1111 SE 9th St	Pryor	OK	(918) 825-6909
	Salvation Army Boys & Girls Club (Ongoing Class)	4403 S. 129 W. Ave	Sand Springs	OK	(918) 245-2237
	Shawnee Family YMCA	700 W. Saratoga	Shawnee	OK	(405) 273-4386
	Warm Water Pool for Total Health (Ongoing Class)	1514 Cimarron Plaza	Stillwater	OK	(405) 377-4422
	Marietta School (Ongoing Sept. Through Early May)	Rt 4 Box 413	Stilwell	OK	(918) 696-2285
	Center for Individuals with Physical Challenges	Class at YWCA 1910 S. Lewis	Tulsa	OK	(918) 584-8607
	Hillcrest Kaiser Rehab Center (Ongoing Class)	1125 South Trenton Ave.	Tulsa	OK	(918)579-7100
	Inverness Village (Ongoing Class - Residents Only)	3800 W 71	Tulsa	OK	(918) 447-9333
	Redbud Physical Therapy (Ongoing Class)	4716 E 40	Tulsa	OK	(918) 622-4278
	Saint Francis Hospital - Health Zone (Ongoing Class)	5353 East 68	Tulsa	OK	(918) 494-1671
	St. John Medical Ctr - Seigfried Health Club (Ongoing)	1819 E. 19	Tulsa	OK	(918) 744-2484
	YWCA East Center	8145 E. 17	Tulsa	OK	(918) 628-1030
	P.J.W YWCA	1910 S. Lewis Ave.	Tulsa	OK	(918)749-2519
	Redbud Physical Therapy	817 W. Cherokee	Wagoner	OK	(918) 485-3100
	Great Plains Family YMCA (Ongoing Class)	1400 N. Airport Rd.	Weatherford	OK	(580) 772-0202