



# Oklahoma Arthritis Network (OAN) 2006 Calendar of Events

## January

- Ongoing                    **Arthritis Foundation Exercise Program, Alva**  
NWOSU—JR Holder Wellness Center  
*Must Pre-Register.* Contact (580) 327-8150
- Jan 10                    **Arthritis Foundation Exercise Program, Poteau**  
Carl Albert State College  
*Must Pre-Register.* Contact Linda Bradbury  
(918) 647-1278
- Jan 11                    **Arthritis Foundation Exercise Program, Sallisaw**  
Carl Albert State College  
*Must Pre-Register.* Contact Linda Bradbury  
(918) 647-1278
- Jan 12                    **Oklahoma Arthritis Network Meeting**  
Oklahoma State Department of Health, OKC  
Call (405) 271-9444, x56535 for more information.
- Videoconferencing Available;  
**Grady County Health Dept.** -- (405) 224-2022  
**Muskogee County Health Dept.** – (918) 683-0321  
**Rogers County Health Dept.** – Contact Mary Garvey or  
Linda DeSpain (918) 341-3166  
**Canadian County Health Dept. (El Reno)** – (405) 262-0042  
**Le Flore County Health Dept. (Poteau)** – (918) 647-8601  
**Texas County Health Dept.** – (580) 338-8544  
**Woods County Health Dept.** – (580) 327-3192  
**Harper County Health Dept.** – (580) 921-2029  
**Woodward County Health Dept.** – (580) 256-6416
- Highlighted Speaker/Topic: Deresa Claybrook, MS, RHIT,  
from the American Health Information Management  
Association
- Jan 12                    **Arthritis Foundation Exercise Program, Norman**  
The Health Club.  
*Must Pre-Register.* Contact HealthLink  
(405) 440-8802
- Jan 20                    **Arthritis Foundation Exercise Program Leader  
Training Workshop, Oklahoma City**  
If interested in becoming a leader, call Shona Lennon  
(800) 627-5486
- Jan 26  
(12-2:30 pm)            **“Enhancing Fitness with EnhanceFitness: An  
Evidence-Based Intervention for Older Adults and**

## **Questions?**

Call (405) 271-9444, ext. 56410 or contact by e-mail: [marisan@health.state.ok.us](mailto:marisan@health.state.ok.us)



## Oklahoma Arthritis Network (OAN) 2006 Calendar of Events

**People With Chronic Disease”** Satellite Broadcast  
Oklahoma State Department of Health, Room 328, OKC, OK  
To register call (405) 271-9444, ext. 56535

EnhanceFitness (formerly Lifetime Fitness) is an evidence-based, community-delivered exercise program proven to increase strength, boost activity levels and data analysis.

### February

- Feb 1                    **Arthritis Foundation Exercise Program Leader Training Workshop (IHS Only), Tulsa**  
If interested in becoming a leader, call Freda Carpitcher (405) 951-3717 or Stephanie LaFevers (800) 400-4526
- Feb 1                    **Arthritis Foundation Exercise Program, Gage**  
Tom Peer Community Center  
*Must Pre-Register.* Contact Deloris Pittman (580) 923-7961
- Feb 2                    **Arthritis Foundation Self Help Program, Anadarko**  
Anadarko Indian Health Center Conference Room (IHS Only) *Must Pre-Register.* Contact Laura McCarthy 405 247-2458 ext 255
- Feb 9                    **OAN Steering Committee Meeting**  
Contact (405) 271-9444 x56410
- Feb 16                   **Arthritis Foundation Self Help Program, Broken Arrow**  
Saint Francis Hospital  
*Must Pre-Register.* Contact Stephanie LaFevers (800) 400-4526
- Feb 25                   **Arthritis Foundation Exercise Program Leader Training Workshop**  
If interested in becoming a leader, call Tom Nash (405) 271-9444 ext. 56534 or Shona Lennon (800) 627-5486
- Feb 27                   **Arthritis Foundation Exercise Program, Hooker**  
First Christian Church  
*Must Pre-Register.* Contact Velma Smothermon (580) 652-2629
- Feb 28                   **Arthritis Foundation Exercise Program, Woodward**  
First United Methodist Church  
*Must Pre-Register.* Contact Odalee Craighead or Elise Solloway at (580) 256-6448

### **Questions?**

Call (405) 271-9444, ext. 56410 or contact by e-mail: [marisan@health.state.ok.us](mailto:marisan@health.state.ok.us)



## Oklahoma Arthritis Network (OAN) 2006 Calendar of Events

### March

- Mar 4 Faith Based Partnership Workshop  
Java Dave's, OKC  
**Arthritis Presentation**
- Mar 6 **Arthritis Foundation Self Help Program, Claremore**  
Rogers County Health Department  
*Must Pre-Register.* Contact Stephanie LaFevers  
(800) 400-4526
- Mar 8 Public Health Day at the Capitol, OKC  
**Arthritis Exhibit**
- Mar 10 Health Fair, Apache Tribe, Anadarko  
**Arthritis Exhibit**  
Contact: 247-1136 for more details
- Mar 14 SW District OK. Home & Community Ed. Conference, Anadarko  
**Arthritis Exhibit**  
"You're as Young as Your Spine!"  
Stress Relaxation Techniques  
Presenter: Mich Magness, Coordinator, Aging and Long  
Term Care Oklahoma Department of Mental Health and  
Substance Abuse Services and Adjunct Professor of  
Gerontology, University of Central Oklahoma
- Mar 17 "Osteoarthritis"  
**Arthritis Presentation**  
Mary Mahoney Memorial Health Center, Spencer  
Grand Rounds, Continuing Medical Education Training  
Yuri Nakasato, MD – Rheumatologist  
OU Physicians, OUHSC College of Med., Dept. of Geriatric Med.
- Mar 21 **Arthritis Foundation Self Help Program, Bixby**  
Bixby Community Center  
*Must Pre-Register.* Contact Stephanie LaFevers  
(800) 400-4526
- Mar 23 Panhandle Ag and Energy Day  
**Arthritis Exhibit**  
Texas County Activity Center, Guymon  
For more information, contact Ted Graham (580) 338-0137
- Mar 22-24 Minority Health Conference  
**Arthritis Information Provided**  
"Boomer's Get Moving" - Karen Ross, MD  
Clarion Hotel, OKC

### **Questions?**

Call (405) 271-9444, ext. 56410 or contact by e-mail: [marisan@health.state.ok.us](mailto:marisan@health.state.ok.us)



## Oklahoma Arthritis Network (OAN) 2006 Calendar of Events

- Mar 25                    **Arthritis Foundation Exercise Program Leader  
Training Workshop, OKC**  
If interested in becoming a leader, call Shona Lennon  
(800) 627-5486
- Mar 27                    **Arthritis Foundation Exercise Program, Mooreland**  
Mooreland City Hall  
*Must Pre-Register.* Contact Charmaine Gardner (580) 994-2331
- Mar 28-29                **Arthritis Foundation Self Help Program Leader  
Training Workshop, Tulsa**  
Tulsa Community College, NE Campus  
If interested in becoming a leader, call Stephanie LaFevers  
(800) 400-4526

### April

- TBD                      **Arthritis Foundation Self Help Program, Muskogee**  
Muskogee County Health Department  
*Must Pre-Register.* Contact Stephanie LaFevers  
(800) 400-4526
- Apr 12                    **Arthritis Foundation Exercise Program, Shattuck**  
Shattuck Senior Center  
*Must Pre-Register.* Contact Beverly Eitzen (580) 938-2025
- Apr 10                    **Arthritis Foundation Exercise Program, OKC**  
Integris Third Age Life Center  
*Must Pre-Register.* Contact (405) 949-4140
- Apr 11                    **Arthritis Foundation Exercise Program, OKC**  
Integris Third Age Life Center  
*Must Pre-Register.* Contact (405) 644-6456
- Apr 3-4                    CDC Annual Arthritis Grantees Meeting
- Apr 3-9                    National Public Health Week**
- Apr 4                      Central OK Turning Point Symposium, MetroTech, OKC  
**Arthritis Exhibit**  
"Healthy Employees, Productive Employees" Tips and  
Resources – Resource Packets
- Apr 8                      OUHSC – "The Big Event"  
**Arthritis Information Provided**  
N.W. Classen High School, OKC

### **Questions?**

Call (405) 271-9444, ext. 56410 or contact by e-mail: [marisan@health.state.ok.us](mailto:marisan@health.state.ok.us)



## Oklahoma Arthritis Network (OAN) 2006 Calendar of Events

- Apr 13                      **Oklahoma Arthritis Network Meeting**  
Oklahoma State Department of Health, OKC  
Call (405) 271-9444 x56535 for more information.
- Videoconferencing Available;
- Washington County Health Dept.** -- (918) 335-3005
  - Pontotoc County Health Dept.** – (580) 332-2011
  - Comanche Co. Health Dept.** - (580) 248-5890
  - Caddo Co. Health Dept., Anadarko** - (405) 247-2507
  - Woodward Co. Health Department** - (580) 256-6416
  - Harper Co. Health Dept.** - (580) 921-2029
  - Tulsa Co. Health Dept.** - (918) 582-9355
  - Garfield Co. Health Dept.** - (580) 233-0650, ext. 147
  - Texas Co. Health Dept.** - (580) 338-8544
  - Hughes Co. Health Dept.** - (405) 379-3313
  - Wagoner Co. Health Dept.** - (918) 485-3022
- Apr 20                      OKC Hispanic Chamber of Commerce  
**Arthritis Announcement**
- Apr 22                      Fourth Annual Hispanic Health Fair - “Salud Para Todos”  
**Arthritis Information Provided**  
Christ United Methodist Church  
3515 S. Harvard Ave, Tulsa OK 74135
- Apr 22                      **Arthritis Information**  
National Minority Health Month  
Screening Initiative, Spencer Senior Citizens Center  
NE 36th and Spencer Rd, Oklahoma City
- Apr 22                      **Arthritis Foundation Aquatic Program Leader Training  
Workshop, Oklahoma City**  
If interested in becoming a leader, call Shona Lennon  
(800) 627-5486
- Apr 29                      Arthritis Foundation Oklahoma Chapter  
**Arthritis Walk** - Lawton, OK  
Call (800) 627-5486 for more information
- Apr 29                      Arthritis Foundation Oklahoma Chapter  
**Arthritis Walk** - Stillwater, OK  
Call (800) 627-5486 for more information

## **MAY is ARTHRITIS MONTH!!!**

- May 3                      Disability Caucus

### **Questions?**

Call (405) 271-9444, ext. 56410 or contact by e-mail: [marisan@health.state.ok.us](mailto:marisan@health.state.ok.us)



## Oklahoma Arthritis Network (OAN) 2006 Calendar of Events

- May 5                                   **"Arthritis and Exercise"**  
*American Indian Living* Radio Broadcast  
Moderator: David DeRose, MD, MPH  
Featured Speaker: Jennifer Hootman, PhD, ATC  
CDC Arthritis  
4 to 5 PM Central Time  
Link with the following networks: <http://www.airos.org>  
<http://www.lifetalk.net>
- May 6                                   Arthritis Foundation Oklahoma Chapter  
**Arthritis Walk** - Ardmore, OK  
Call (800) 627-5486 for more information
- May 6                                   Arthritis Foundation Eastern Oklahoma Chapter  
**Arthritis Walk** - Bartlesville, OK  
Call (800) 400-4526 for more information
- May 7                                   Arthritis Foundation Eastern Oklahoma Chapter  
**Arthritis Walk** - Tulsa, OK  
Call (800) 400-4526 for more information
- May 9                                   "Oklahoma Innovations"  
**OCAST Radio Broadcast**  
"Impacting Activity Limitation in Arthritis Through Physical Activity"  
Feature Speaker: Jennifer Hootman, PhD, ATC  
CDC Arthritis
- May 11                                  **Oklahoma Arthritis Network Meeting**  
Oklahoma State Department of Health, OKC  
Call (405) 271-9444 x56535 for more information.  
Feature Presentation: OSU Q-Study, "**Cultural Opinions  
about Health Care**"  
  
Videoconferencing Available;  
**Harper Co. Health Dept.** - (580) 921-2029  
**Tulsa Co. Health Dept.** - (918) 582-9355  
**Wagoner Co. Health Dept.** - (918) 485-3022  
**Muskogee Co. Health Dept.** - (918) 683-0321  
**Woods Co. Health Dept.** - (580) 327-3192
- May 13                                  Arthritis Foundation Eastern Oklahoma Chapter  
**Arthritis Walk** - Pryor, OK  
Call (800) 400-4526 for more information
- May 13                                  Arthritis Foundation Oklahoma Chapter  
**Arthritis Walk** - Enid, OK  
Call (800) 627-5486 for more information

### Questions?

Call (405) 271-9444, ext. 56410 or contact by e-mail: [marisan@health.state.ok.us](mailto:marisan@health.state.ok.us)



## Oklahoma Arthritis Network (OAN) 2006 Calendar of Events

- May 17                            **“Buenos Dias Artritis! No Me Venceras El Dia de Hoy!”**  
*La Voz de la Comunidad*, 106.7 KTUZ-FM, La Zeta Radio  
Armando Rubio, Claudia Barajas - Latino Community  
Development Agency and Yuri Nakasato, MD -  
Rheumatologist, OU Physicians
- May 18                            Senior Fair, Craig County  
**Arthritis Information Available**
- May 18                            OKC Hispanic Chamber of Commerce  
**Arthritis Presentation**  
“Buenos Dias Artritis! No Me Venceras El Dia De Hoy!”
- May 20                            Arthritis Foundation Oklahoma Chapter  
**Arthritis Walk - OKC, OK**  
Call (800) 627-5486 for more information
- May 20                            Arthritis Foundation Oklahoma Chapter  
**Arthritis Walk - Norman, OK**  
Call (800) 627-5486 for more information
- May 20                            Alpha Kappa Alpha Meeting  
**Arthritis Information Available**  
Call (405) 670-4545 ext. 477 for more information
- May 21                            Avery Chapel AME Church, OKC  
**Arthritis Information Available**  
Contact (405) 424-3331 for more information
- May 23                            **"Arthritis and Exercise"**  
*American Indian Living* Radio Broadcast  
Moderator: David DeRose, MD, MPH  
Featured Speaker: Jennifer Hootman, PhD, ATC  
CDC Arthritis  
4 to 5 PM Central Time  
Link with the following networks: <http://www.airos.org>,  
<http://www.lifetalk.net>
- June
- Jun 1                              **Arthritis Foundation Exercise Program, Norman**  
Cleveland County Family YMCA  
*Must Pre-Register.* Contact Maria Gray (405) 872-9193
- Jun 2                              Cherokee Nations Elder Conference, Tahlequah  
**Arthritis Information Available**  
For more information contact Cherokee Nation Elder  
Services 918-453-5241

### Questions?

Call (405) 271-9444, ext. 56410 or contact by e-mail: [marisan@health.state.ok.us](mailto:marisan@health.state.ok.us)



## Oklahoma Arthritis Network (OAN) 2006 Calendar of Events

- Jun 6                    **Arthritis Foundation Exercise Program, Ada**  
Chickasaw Nation Family Life Center  
*Must Pre-Register.* Contact Melinda Ward (580) 310-9661
- Jun 7                    “Hispanic Health Communications Campaign”  
Hispanic Resource Fair  
**Arthritis Presentation**  
For more information contact Colleen at (918) 585-5551
- Jun 7                    **Arthritis Foundation Self Help Program, Sapulpa**  
Hickory Crossing Retirement Community, 2101 S. Hickory  
*Must Pre-Register.* Contact Stephanie LaFevers  
(800) 400-4526
- Jun 7                    **Arthritis Foundation Self Help Program, Tulsa**  
Tulsa Community College-Northeast Campus  
*Must Pre-Register.* Contact Stephanie LaFevers  
(800) 400-4526
- Jun 8                    **Arthritis Foundation Self Help Program, Muskogee**  
Muskogee County Health Department,  
*Must Pre-Register.* Contact Stephanie LaFevers  
(800) 400-4526
- Jun 8                    “Arthritis in Oklahoma,” Chesapeake, OKC  
**Arthritis Presentation**
- Jun 9                    Senior Fair, Osage County  
**Arthritis Information Available**
- Jun 15                   **OAN Steering Committee Meeting**  
Contact (405) 271-9444 x56410
- Jun 24                   **Arthritis Foundation Exercise Program Leader  
Training Workshop, Oklahoma City**  
If interested in becoming a leader, call Shona Lennon  
(800) 627-5486
- July
- Jul 13                   **OAN Steering Committee Meeting**  
Contact (405) 271-9444 x56410
- Jul 14-18               Arthritis Foundation Oklahoma Chapter – Juvenile Arthritis Camp  
**Camp JAM, Juvenile Arthritis and Me!**  
Contact Shona Lennon at 405-936-3366 or for more details.

### Questions?

Call (405) 271-9444, ext. 56410 or contact by e-mail: [marisan@health.state.ok.us](mailto:marisan@health.state.ok.us)



## Oklahoma Arthritis Network (OAN) 2006 Calendar of Events

- Jul 15 (10a - 1p) Garden Walk of Jones (Health and Resource Fair) –  
Low Income Housing  
**Arthritis Information Available**  
Kelly Richardson - (405) 474-6992
- Jul 22 Tullahassee Homecoming Health Fair  
**Arthritis Information Available**  
Call Leslie Vick at (918) 485-3022 for more information.
- Jul 22 or 23 Community Affairs Program "Hot Topic"  
**Radio Broadcast**  
Featuring Robert Wortmann, MD, Rheumatologist  
Clear Channel Stations:  
KMOD 97.5FM: 5:30am Sundays  
KQLL 106.1FM: Saturdays and Sundays  
KTBT 92.1FM: 7am Sundays  
KTBZ 1430AM: 8am Sundays  
KAKC 1300AM: 10am Sundays
- Jul 25-26 Indian Health Services Joint Conference, OKC  
Presentation to Medical Directors  
**"Arthritis Self Management Programs"**  
Marisa New, OTR, MPH  
OSDH Arthritis Prevention and Education Program
- Jul 25 (12p) "Arthritis"  
**Arthritis Presentation**  
Rotary Club; Woodward, OK  
Speaker: Bill Heaton

### August

- Aug 1 Citizens for Healthcare  
**OAN Representation, Betsy Replogle**  
Express Convention Center, OKC
- Aug 1 **Arthritis Foundation Exercise Program, Norman**  
Cleveland County Family YMCA  
*Must Pre-Register.* Contact Maria Gray (405) 364-9622
- Aug 3 **Oklahoma Arthritis Network Meeting**  
Oklahoma State Department of Health, OKC  
Call (405) 271-9444 x56535 for more information.
- Videoconferencing Available;  
**Pontotoc Co. Health Dept.** - (580) 332-2011  
**Wagoner Co. Health Dept.** - (918) 485-3022  
**Major Co. Health Dept.** - (580) 227-3362

### **Questions?**

Call (405) 271-9444, ext. 56410 or contact by e-mail: [marisan@health.state.ok.us](mailto:marisan@health.state.ok.us)



## Oklahoma Arthritis Network (OAN) 2006 Calendar of Events

Muskogee Co. Health Dept. - (918) 683-0321

Beaver Co. Health Dept. - (580) 625-3693

Pittsburg Co. Health Dept. - (918) 423-1267

Tulsa City Co. Health Dept. - (918) 582-9355

- Aug 18                    **Arthritis Foundation Exercise Program Leader Training Workshop, Enid**  
If interested in becoming a leader, call Shona Lennon (800) 627-5486
- Aug 25                    Kingfisher County Health Fair, Kingfisher County Fairgrounds  
**Arthritis Information Available**  
Contact Rachel Watkins at (405) 375-3008 for more information.
- Aug 28 (4-7pm)        10th Annual "For Women Only Health Fair"  
**Arthritis Information Available**  
First United Methodist Church, Pryor Creek  
For more information contact Hope White at (918) 825-1600
- September
- Sep 7                    **OAN Steering Committee Meeting**  
Contact (405) 271-9444 x56410
- Sep 12-14              CDC 2006 National Health Promotion Conference, Atlanta
- Sep 16-19              National Indian Council on Aging (NICOA) 2006 Biennial Conference, Tulsa Convention Center  
**Arthritis Information Available** (provided by the Arthritis Foundation)  
Topic: "Arthritis-Don't Let It Slow You Down"
- Sep 16                    Eastern Oklahoma Community Health and Resource Fair, Jones  
**Arthritis Information Available**  
Contact (405) 474-6992 for more information.
- Sep 19                    **Arthritis Foundation Exercise Program, Woodward**  
First United Methodist Church  
*Must Pre-Register.* Contact Odalee Craighead or Elise Solloway at (580) 256-6448
- Sep 19                    Texas County Elderfair, Guymon  
**Arthritis Information Available**  
Contact Arleen James, (580) 338-7300, for more information.
- Sep 20                    Oklahoma State Fair, Senior Day  
**Arthritis Exhibit**  
"A Joint Experience," Exercise Demonstration with Bill Heaton, Champion of Health's Ageless Hero

### Questions?

Call (405) 271-9444, ext. 56410 or contact by e-mail: [marisan@health.state.ok.us](mailto:marisan@health.state.ok.us)



## Oklahoma Arthritis Network (OAN) 2006 Calendar of Events

- Sep 21 (2p) "The Importance of Physical Activity"  
**Arthritis Presentation**  
Hearthstone Assisted Living  
Speaker: Karen Ross, MD, geriatrician
- Sep 28 **Arthritis Foundation Self Help Program, Muskogee**  
Muskogee County Health Department,  
*Must Pre-Register.* Contact Stephanie LaFevers (800) 400-4526
- Sep 30 Arthritis Foundation Eastern Oklahoma Chapter  
**Arthritis Walk** - Tahlequah, OK  
Call (800) 400-4526 for more information

### October

- Oct 3 **Arthritis Foundation Exercise Program, Enid**  
Oakwood Activity Center  
*Must Pre-Register.* Contact (580) 234-4464
- Oct 4 Cimarron Senior Center, Boise City  
**Arthritis Presentation**  
Bill Heaton, AF Exercise Program Leader/Trainer
- Oct 5 **Oklahoma Arthritis Network Meeting**  
Oklahoma State Department of Health, OKC  
Call (405) 271-9444 x56535 for more information.
- Videoconferencing Available;  
**Pontotoc Co. Health Department** - (580) 332-2011  
**Logan Co. Health Department** - (405) 282-3485  
**Pittsburg Co. Health Department** - (918) 423-1267  
**Tulsa Co. Health Department** - (918) 582-9355
- Oct 5 Beaver County Elderfair, Beaver County Fairgrounds  
**Arthritis Information Available**  
Contact Jolena Graves, (580) 921-2029, for more information
- Oct 5 Beaver County Senior Citizen Aging Services Meeting  
**Arthritis Presentation**  
Bill Heaton, AF Exercise Program Leader/Trainer
- Oct 12 KEDDO Aging Conference, Wilburton  
**"Physical Activity and Arthritis"**  
Jaimie Watt, Oklahoma State Dept. of Health  
Mary Morris, AF Exercise Program Leader, Poteau and Sallisaw  
Contact Samantha Curliss, (800) 722-8180, for more information

### **Questions?**

Call (405) 271-9444, ext. 56410 or contact by e-mail: [marisan@health.state.ok.us](mailto:marisan@health.state.ok.us)



## Oklahoma Arthritis Network (OAN) 2006 Calendar of Events

- Oct 12                                      Sonic Corporation Wellness Fair, OKC  
**Arthritis Information Available**
- Oct 13-14                                    J.O.Y. Explosion Health Fair, Pryor  
**Arthritis Information Available**  
Contact Gladys Booher, (918) 825-1062, for more information
- Oct 16                                        **Arthritis Foundation Exercise Program, Ardmore**  
Chickasaw Nation Wellness Center  
Must Pre-Register. Contact (580) 222-2828
- Oct 18 (9a-2p)                              2006 Tools for Life Senior Conference, First Baptist Church, Norman  
OSU Cooperative Extension and Norman Reg. Hospital  
**Arthritis Education/Self Mgmt Programs and Registration**  
Keynote Speaker: Karen Ross, MD – OU Physicians  
Chat Williams, Norman Health Club  
Jaimie Watt, Oklahoma State Dept. of Health  
Contact (405) 321-4774 for more information
- Oct 19                                        Older Women's Initiative Meeting  
**Presentation: Arthritis**  
Marisa New, OTR, MPH  
OSDH Arthritis Prevention and Education Program
- Oct 19                                        State Employees Health Fair, State Capitol, OKC  
**Arthritis Information** Provided By Arthritis Foundation
- Oct 20                                        **Arthritis Foundation Exercise Program Leader  
Training Workshop, Tulsa**  
IHS and Inter-Tribal Health members only  
If interested in becoming a leader, call Stephanie LaFevers at  
(800) 400-4526
- Oct 23 (6:30-8p)                            **"Current Treatment Options for Arthritis"**  
Hosted by Muskogee County Health Department  
Speaker: Jack Weaver, M.D., Muskogee Bone and Joint Clinic
- Oct 23                                        Employee Wellness In-service, Norman Regional Hospital  
**"Physical Activity and Arthritis"**  
Speaker: Alexandria R. Hart-Smith, M.B.A.  
Cleveland & McClain County Health Department
- Oct 24                                        **OAN Advisory Council Meeting**  
Oklahoma History Center, OKC  
Contact (405) 271-9444 x56535

### Questions?

Call (405) 271-9444, ext. 56410 or contact by e-mail: [marisan@health.state.ok.us](mailto:marisan@health.state.ok.us)



## Oklahoma Arthritis Network (OAN) 2006 Calendar of Events

- Oct 24                    **Arthritis Foundation Exercise Program, Geronimo**  
Geronimo Senior Nutrition Center  
Must Pre-Register. Contact Anita Flood (580) 355-6206
- Oct 28                    Arthritis Foundation Eastern Oklahoma Chapter  
**Arthritis Walk** - Muskogee, OK  
Call (800) 400-4526 for more information
- Oct 31                    **Arthritis Foundation Self Help Program Leader Training  
Update Workshop, Videoconference at OSDH, OKC**  
For current leaders only  
If interested contact Stephanie LaFevers at (800) 400-4526
- November
- Nov 2                    **Oklahoma Arthritis Network Meeting**  
Oklahoma State Department of Health, OKC  
Call (405) 271-9444 x56535 for more information.
- Videoconferencing Available;  
**Pittsburg County Health Department** - (918) 423-1267  
**LeFlore County Health Department** - (918) 647-8601  
**Tulsa Co. Health Department** - (918) 582-9355  
**Harper Co. Health Department** - (580) 921-2029  
**Comanche Co. Health Department** - (580) 248-5890
- Nov 2                    **Arthritis Foundation Exercise Program, Burlington**  
Riverside Church of Christ  
Must Pre-Register. Contact Odessa McLemore (580) 474-2224
- Nov 2                    **Arthritis Foundation Exercise Program, Edmond**  
Epworth Villa  
Must Pre-Register. Contact (405) 936-5684
- Nov 6                    **Arthritis Foundation Exercise Program, Norman**  
OSU Extension  
Must Pre-Register. Contact Jaimie Watt (405) 271-4476
- Nov 6                    **Arthritis Foundation Exercise Program, Okeene**  
Summitt Living Center  
Must Pre-Register. Contact Patti Schwartz (580) 822-4441
- Nov 6                    **Arthritis Foundation Exercise Program, Lahoma**  
Lahoma Townhall  
Must Pre-Register. Contact (580) 237-4810

### Questions?

Call (405) 271-9444, ext. 56410 or contact by e-mail: [marisan@health.state.ok.us](mailto:marisan@health.state.ok.us)



## Oklahoma Arthritis Network (OAN) 2006 Calendar of Events

- Nov 7                                   **Arthritis Foundation Exercise Program, Lawton**  
Center for Creative Living  
Must Pre-Register. Contact (580) 492-6434
- Nov 8                                   Oklahoma Parks and Recreation Society  
**“Managing Arthritis in Oklahoma”**  
Marisa New, OTR, MPH  
OSDH Arthritis Prevention and Education Program  
Western Hills Guest Ranch; Wagoner, OK.
- Nov 18 (9-1p)                           Garfield County Health Fair, First Missionary Baptist Church, Enid  
**Arthritis Information Available**  
Contact Teresa Bailey, (580) 233-0650, ext. 147 for more information
- Dec 4                                   Love County Health Education Meeting  
**Arthritis Information Available**  
Contact Janie Pennington, (580) 371-2470, for more information

### Questions?

Call (405) 271-9444, ext. 56410 or contact by e-mail: [marisan@health.state.ok.us](mailto:marisan@health.state.ok.us)