



# Oklahoma Arthritis Network (OAN)

## 2007 Calendar of Events

### January

- Jan 2  
(Ongoing)                    **Arthritis Foundation Exercise Program, Norman**  
Cleveland County Family YMCA  
*Must Pre-Register. Contact Maria Gray (405) 364-9622*
- Jan 3                            Hennessey Public Schools Employee Health Fair  
**Arthritis Information Available**  
Hennessey Elementary School  
Contact Cindy Tucker at (405) 853-7936 for more information
- Jan 9  
(12-3:00p)                    **Satellite Broadcast**  
"The Chronic Disease Self-Management  
Program: Why you should adopt this program"  
Oklahoma State Department of Health, OKC  
Call (405) 271-9444, x56535 for more information.
- Jan 9                            **Arthritis Foundation Exercise Program, Burlington**  
Riverside Church of Christ  
*Must Pre-Register. Contact Odessa McLemore (580) 474-2224*
- Jan 9  
(10-11a)                      **Arthritis Foundation Exercise Program, Enid**  
Oakwood Activity Center  
*Must Pre-Register. Contact Mike Watts (580) 234-4464*
- Jan 11                          **Oklahoma Arthritis Network Meeting**  
Oklahoma State Department of Health, OKC  
Call (405) 271-9444, x56535 for more information.  
Videoconferencing Not Available
- Jan 11                          Leadership Guthrie  
**Arthritis Presentation**  
Heather Ward, Logan County Health Department
- Jan 23  
(Ongoing)                    **Arthritis Foundation Exercise Program, Woodward**  
First United Methodist Church  
*Must Pre-Register. Contact Odalee Craighead at (580) 256-6448*
- Jan 29  
(Ongoing)                    **Arthritis Foundation Exercise Program, Norman**  
OSU Extension  
*Must Pre-Register. Contact Jaimie Watt (405) 271-4476*

### February

- Feb 5  
(9:15-10a)                    Sunbeam Senior Companion Services  
**Arthritis Presentation**  
"Physical Activity and Arthritis"  
Speaker: Sue Painton, AF Exercise/Self Help Program Leader

### **Questions?**

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



## Oklahoma Arthritis Network (OAN) 2007 Calendar of Events

Metro Tech, Automotive Building at South Bryant, OKC  
Contact Dana Crum (405) 528-7724, ext. 166 for more information

- Feb 6  
(4-5p)                    **Arthritis Foundation Exercise Program, OKC**  
Epworth Villa  
*Must Pre-Register.* Contact Sue Painton (405) 936-5684
- Feb 6  
(10:30-11:30a)           **Arthritis Foundation Exercise Program, Lawton**  
Center for Creative Living  
*Must Pre-Register.* Contact (580) 248-0471
- Feb 6  
(9-10a)                    **Arthritis Foundation Exercise Program, Geronimo**  
Senior Nutrition Center  
*Must Pre-Register.* Contact (580) 355-6206
- Feb 8                      **OAN Steering Committee Meeting**  
Contact (405) 271-9444 x56410
- Feb 11                    **Arthritis Foundation Aquatics Program  
Leader Training Workshop, Tulsa**  
If interested in becoming a leader, call Stephanie LaFevers  
at (800) 400-4526
- Feb 21  
(10-11a)                   **Arthritis Foundation Exercise Program, Elgin**  
Elgin Nutrition Center  
*Must Pre-Register.* Contact Shona Lennon (405) 936-3366
- Feb 25                    **Arthritis Foundation Aquatics Program Re-Certification, Norman**  
Cleveland County Family YMCA  
*Must Pre-Register.* Contact Stephanie Settle (405) 364-9622 ext. 135
- March
- Mar 1-2  
(9-5p)                    **Arthritis Foundation Self Help Program  
Leader Training Workshop, Tulsa**  
If interested in becoming a leader, call Stephanie LaFevers  
at (800) 400-4526
- Mar 5  
(1-2p)                    **Arthritis Foundation Exercise Program, Enid**  
Senior Life Network-Oakwood Mall  
*Must Pre-Register.* Contact Brandi Fossett (580) 249-2236 or  
(800) 749-1149
- Mar 13  
(3-3:45p)                "Blueprint for the Future of Aging Services" OKAHSAs Annual Meeting  
**Arthritis Presentation**  
"Physical Activity and Arthritis"  
OAN Speaker: Dearborn Edwards, MD., OUHSC, College of  
Medicine, Department of Geriatric Medicine  
Reed Center, Midwest City, OK

### Questions?

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## Oklahoma Arthritis Network (OAN) 2007 Calendar of Events

- Mar 19  
(10-11a) **Arthritis Foundation Exercise Program, Coweta**  
Wagoner County OSU Extension  
*Must Pre-Register.* Contact Stephanie LaFevers at (800) 400-4526
- Mar 20  
(10:45-11:45a)  
(1-2:00p) The Home and Community Education SW District  
OSU Cooperative Extension – Mustang High School  
**Arthritis Presentation**  
"Physical Activity and Arthritis"  
Speaker: Saundra Main, RN AF Self Help Program Leader  
Contact LaDonna Dunlop (405) 713-1125 for more information
- Mar 21-23 **2007 Oklahoma Conference on Minority Aging**  
"Rising Up...*the spirit of aging*", Marriott Southern Hills, Tulsa  
Speakers: Brandi Fossett, NODA Area Agency on Aging,  
and Chris Harden, COEDD Area Agency on Aging  
Call Theresa Beverage (800) 375-8255 Ext.130 for more information
- Mar 27-28 8th Annual Conversations on Community Renewal Conference  
**Arthritis Information Available**  
"Planting Seeds for Oklahoma's Future," Reed Center, MWC  
Call (405) 208-8882 for more information
- Mar 30 **Arthritis Foundation Exercise Program  
Leader Training Workshop, Tulsa**  
If interested in becoming a leader, call Stephanie LaFevers  
at (800) 400-4526
- April
- Apr 2-6 **National Public Health Week**
- Apr 3-4 **EnhanceFitness Master Certification Training**  
Center For Healthy Living, OKC  
Call (405) 271-9444 x56535 for more information
- Apr 3 **Arthritis Foundation Exercise Program, Woodward**  
First United Methodist Church  
*Must Pre-Register.* Contact Odalee Craighead (580) 256-6448
- Apr 4  
(9:30-11:30a) **Arthritis Foundation Self Help Program, Broken Arrow**  
Silver Arrow Estates  
*Must Pre-Register.* Contact Stephanie LaFevers (800) 400-4526
- Apr 5 **Oklahoma Arthritis Network Meeting**  
Oklahoma State Department of Health, OKC  
Call (405) 271-9444 x56535 for more information.  
Videoconferencing Available;  
**Rogers County Health Department - (918) 341-3166**

### Questions?

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## Oklahoma Arthritis Network (OAN) 2007 Calendar of Events

**Garfield County Health Department** - (580) 233-0650, ext. 147  
**Beaver County Health Department** - (580) 625-3693  
**Wagoner County Health Department** - (918) 485-3022  
**Marshall County Health Department** - (580) 795-3705  
**Tulsa County Health Department** - (918) 582-9355  
**Texas County Health Department** - (580) 338-8544  
**Canadian Co. Health Department** - (405) 262-0042

- Apr 5 Agri-Quest Trade/Health/Safety Event, Laverne  
**Arthritis Information Available**  
Contact Jolena Graves (580) 921-2029 for more information
- Apr 10  
(10-12p) **Arthritis Foundation Self Help Program, Pryor**  
Mayes County Health Department  
*Must Pre-Register.* Contact Stephanie LaFevers (800) 400-4526
- Apr 14  
(10-4p) Health Fair, Woodward County Fair Grounds  
**Arthritis Information Available**
- Apr 25  
(10:45-11:15a) Women's Health Forum, Chickasha County Fairgrounds  
**Arthritis Presentation**  
"Physical Activity and Arthritis"  
Speaker: Cynthia Robinson, MS, OT/L, Department of Rehabilitation Sciences OUHSC  
Contact Debbie Tallent (405) 224-9404 for more information
- Apr 25  
(1-3p) **Arthritis Foundation Self Help Program, Tahlequah**  
Tahlequah Senior Center  
*Must Pre-Register.* Contact Stephanie LaFevers (800) 400-4526
- Apr 28 Hispanic Health Fair, OKC  
**Arthritis Information Available**  
Contact 236-0701 for more information
- April 28 **Arthritis Walk—Stillwater**  
To register: [www.stillwaterarthritiswalk.kintera.org](http://www.stillwaterarthritiswalk.kintera.org)  
(405) 936-3366 or (800) 627-5486
- April 28 **Arthritis Walk—Lawton**  
To register: [www.lawtonarthritiswalk.kintera.org](http://www.lawtonarthritiswalk.kintera.org)  
(405) 936-3366 or (800) 627-5486

## MAY is ARTHRITIS MONTH!!!

- May 3 **Oklahoma Arthritis Network Meeting**  
Oklahoma State Department of Health, OKC  
Call (405) 271-9444, x56535 for more information.  
Videoconferencing Available;

### Questions?

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Beaver County Health Department (580) 625-3693  
Carter County Health Department (580) 223-9705  
Cherokee County Health Department (918) 456-8826  
Comanche County Health Department 580-248-5890  
Creek County Health Department 918-224-5531  
Garfield County Health Department 580-233-0650, ext. 147  
Greer County Health Department 580-782-5531  
Harper County Health Department (580) 921-2029  
Kay County Health Department 580-762-1641  
Marshall County Health Department 580-795-370  
Mayes County Health Department 918-825-4224  
Muskogee County Health Department 918-683-0321  
Ottawa County Health Department 918-540-2481  
Pottawatomie County Health Department 405-273-2157  
Rogers County Health Department 918-341-3166  
Sequoyah County Health Department (918) 775-6201  
Tulsa County Health Department 918-582-9355  
Wagoner County Health Department 918-485-3022  
Woods Co. Health Department (580) 327-3192  
Woodward County Health Department 580-256-6416

- May 5                   **Arthritis Walk—Ardmore**  
To register: [www.ardmorearthritiswalk.kintera.org](http://www.ardmorearthritiswalk.kintera.org)  
(405) 936-3366 or (800) 627-5486
- May 6                   **Arthritis Walk—Tulsa**  
To register: [www.tulsaarthritiswalk.kintera.org](http://www.tulsaarthritiswalk.kintera.org)  
(800) 400-4526
- May 7-12               **Arthritis Television Presentation**  
“Joy in Our Town” – KTBO TV Channel 14  
“Arthritis and Sports Injuries”  
Mark Anderson, PT, ATC Dept. of Rehab. Sciences OUHSC
- May 8  
(11a)                   **Chronic Disease Self Management Program Kick Off Event**  
**Courage to Take Charge – Taking Control of Your Health**  
Ringwood Nutrition Site (MARC Center), Ringwood  
Contact Judy Broomfield or Peggy Hager (580) 237-4810  
for more information
- May 8  
(6-8p)                 **Arthritis Foundation Self Help Program, Langston**  
Langston University  
*Must Pre-Register.* Contact Shona Lennon (405) 936-3366  
or (800) 627-5486
- May 8-10               2007 Annual Oklahoma Conference on Aging  
**“Physical Activity and Arthritis”**  
Reed Center, Midwest City, OK  
Keynote Speaker: Marisa New, OTR, MPH,

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OSDH Arthritis Prevention and Education Program  
Contact 405-488-7314 for more information

- May 10  
(10-2p) Baptist Village Health Fair, Cleveland  
**Arthritis Information Available**  
Contact Peggy Moore-Gardner (918) 358-2546 for more information
- May 12  
**Arthritis Walk—Enid**  
To register: [www.enidarthritiswalk.kintera.org](http://www.enidarthritiswalk.kintera.org)  
(405) 936-3366 or (800) 627-5486
- May 12  
**Arthritis Walk—Bartlesville**  
To register: [www.bartlesvillearthritismark.kintera.org](http://www.bartlesvillearthritismark.kintera.org)  
(800) 400-4526
- May 18  
(5:30p) **Arthritis Television Presentation**  
KSBI TV Channel 52  
“Arthritis Wellness”  
Marisa New, OTR, MPH
- May 19  
**Arthritis Walk—Oklahoma City**  
To register: [www.okcarthritiswalk.kintera.org](http://www.okcarthritiswalk.kintera.org)  
(405) 936-3366 or (800) 627-5486
- May 19  
**Arthritis Walk—Norman**  
To register: [www.normanarthritismark.kintera.org](http://www.normanarthritismark.kintera.org)  
(405) 936-3366 or (800) 627-5486
- May 19  
21<sup>st</sup> Anniversary Asian Festival, Oklahoma City  
**Arthritis Information Available**  
Oklahoma History Center  
Contact Tinny Chang (405) 722-1338 for more information
- May 21-26  
**Arthritis Television Presentation**  
“Our House” – KTBO TV Channel 14  
“Physical Activity and Arthritis”  
Dearborn Edwards, MD, Internist, OU College of Medicine,  
College of Geriatric Medicine

### June

- Jun 6  
(5-7p) **Arthritis Foundation Self Help Program, Tulsa**  
Tulsa Community College  
*Must Pre-Register.* Contact Stephanie LaFevers (800) 400-4526
- Jun 7  
**OAN Steering Committee Meeting**  
Contact (405) 271-9444 x56410

### **Questions?**

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## Oklahoma Arthritis Network (OAN) 2007 Calendar of Events

- Jun 9                                   **Arthritis Foundation Exercise Program Leader Training Workshop, OKC**  
If interested in becoming a leader, call Shona Lennon at (800) 627-5486
- Jun 11  
(10-11am)                           **Arthritis Foundation Exercise Program, Apache**  
Apache Housing Authority  
*Must Pre-Register.* Contact Lynn Thomas (580) 588-2905
- Jun 12  
(11am-12pm)                       **Arthritis Foundation Exercise Program, Lawton**  
Comanche Nation Elder Center  
*Must Pre-Register.* Contact Marilyn Figueroa (580) 492-6434
- Jun 14  
(12:30p)                           **OSDH Nutrition and Physical Activity Division Teleconference**  
"Could Arthritis Be a Barrier to Increased Physical Activity Among Adults with Diabetes and/or Cardiovascular Disease?"  
Oklahoma State Department of Health, Room 704, OKC
- Jun 15  
(11a)                                   **EnhanceFitness Program Kick Off Event, Shawnee**  
Shawnee Senior Site  
Contact Shelly Webb (405) 246-8381 for more information
- Jun 18  
(8:30a)                               **EnhanceFitness Program, Shawnee**  
Shawnee Senior Site  
Contact Shelly Webb (405) 246-8381 for more information
- Jun 19                                   **"Physical Activity and Arthritis"**  
Chickasaw Nation Elders Conference  
Marisa New, OTR, MPH, OSDH Arthritis Prevention and Education Program
- Jun 19  
(9:00a)                               **Chronic Disease Self Management Program, Ringwood**  
Ringwood MARC Center  
*Must Pre-Register.* Contact Judy Broomfield or Peggy Hager (580) 237-4810
- Jun 19  
(11a)                                   **EnhanceFitness Program Kick Off Event, Thackerville**  
Windstar Casino  
Contact Karen Cook (580) 795-9790 for more information
- Jun 21                                   **Arthritis Foundation Self Help Program, Muskogee**  
Muskogee County Health Department  
*Must Pre-Register.* Contact Martha Alford (918) 682-0321
- Jun 21                                   Lions Club  
**Arthritis Presentation**  
"Physical Activity and Arthritis"  
Shona Lennon, Arthritis Foundation Oklahoma Chapter

### Questions?

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## Oklahoma Arthritis Network (OAN) 2007 Calendar of Events

Jun 28  
(10a-12p)                      **EnhanceFitness Program Kick Off Event, Shawnee**  
Shawnee Community Center  
Contact Shelly Webb (405) 246-8381 for more information

Jun 29  
(11a)                              **EnhanceFitness Program Kick Off Event, Wilburton**  
Wilburton Nutrition Center  
Contact Ellen Young (580) 981-7005 or (866) 465-4840  
for more information

Jun 30                              **Arthritis Foundation Aquatic Program Leader  
Training Workshop, OKC**  
If interested in becoming a leader, call Shona Lennon at  
(800) 627-5486

### July

Jul 5                                **OAN Steering Committee Meeting**  
Contact (405) 271-9444 x56410

Jul 6-10                            **2007 Camp J.A.M.—“Juvenile Arthritis and Me”**  
Arthritis Foundation, Oklahoma Chapter  
Free to children ages 6-12 with juvenile arthritis  
*Must Pre-Register.* Contact Shona Lennon  
405-936-3366 or 800-627-5486; [www.arthritis.org](http://www.arthritis.org)

Jul 9  
(10-11a)                        **EnhanceFitness Program, Shawnee**  
Shawnee Community Center  
Contact Shelly Webb (405) 246-8381 for more information

Jul 9  
(11:00a)                        **Chronic Disease Self Management Program Kick Off Event**  
Kingfisher Nutrition Site, Kingfisher  
Contact Judy Broomfield or Peggy Hager (580) 237-4810  
for more information

Jul 9  
(10:00a)                        **EnhanceFitness Program, Wilburton**  
Wilburton Senior Nutrition Site  
Contact Ellen Young (580) 236-3705 for more information

Jul 10  
(11:00a)                        **Chronic Disease Self Management Program Kick Off Event**  
Watonga Nutrition Site, Watonga  
Contact Judy Broomfield or Peggy Hager (580) 237-4810  
for more information

Jul 11  
(11:00a)                        **Chronic Disease Self Management Program Kick Off Event**  
Helena Nutrition Site, Helena  
Contact Judy Broomfield or Peggy Hager (580) 237-4810  
for more information

### **Questions?**

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## Oklahoma Arthritis Network (OAN) 2007 Calendar of Events

- Jul 14-15                    **Arthritis Radio Presentation**  
"Increasing Physical Activity in People with Chronic Disease-  
Reducing barriers created by Arthritis"  
OCAST Statewide Radio Stations  
Speakers: Teresa Brady, PhD, Senior Behavioral Scientist, CDC  
Arthritis Program and Marisa (New) Wells, OTR, MPH, Coordinator,  
OSDH Arthritis Prevention and Education Program
- July 23  
(9:00a)                    **Chronic Disease Self Management Program, Kingfisher**  
Kingfisher Nutrition Site  
*Must Pre-Register.* Contact Judy Broomfield or Peggy Hager  
(580) 237-4810
- July 24  
(9:00a)                    **Chronic Disease Self Management Program, Watonga**  
Watonga Nutrition Site  
*Must Pre-Register.* Contact Judy Broomfield or Peggy Hager  
(580) 237-4810
- July 25  
(9:00a)                    **Chronic Disease Self Management Program, Helena**  
Helena Nutrition Site  
*Must Pre-Register.* Contact Judy Broomfield or Peggy Hager  
(580) 237-4810
- Jul 25                    **Arthritis Foundation Self Help Program, Claremore**  
Rogers County Health Department  
*Must Pre-Register.* Contact Renetta Harrison (918) 341-3166 x234
- Jul 30 & 31  
(30<sup>th</sup>-10:30a)  
(31<sup>st</sup>-2:30a)                    **Arthritis Television Presentation**  
"Joy in Our Town" – KTBO TV Channel 14  
"HEALTH - Women & Arthritis"  
Featuring: Betsy Replogle, Chair OAN  
Moderator: Rev. George Young

### August

- Aug 2                    **Oklahoma Arthritis Network Meeting**  
Oklahoma State Department of Health, OKC  
Call (405) 271-9444 x56535 for more information.  
Videoconferencing Available;  
**Rogers Co. Health Department** - (918) 341-3166  
**Garfield Co. Health Department** - (580) 233-0650, ext. 147  
**Beckham Co. Health Department** - (580) 225-1173  
**Harper Co. Health Department** – (580) 921-2029  
**Tulsa Co. Health Department** - (918) 582-9355  
**Ottawa Co. Health Department** - (918) 540-2481
- Aug 2 - 4  
(2<sup>nd</sup>-2:30a)                    **Arthritis Television Presentation**  
"Joy in Our Town" – KTBO TV Channel 14

### **Questions?**

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## Oklahoma Arthritis Network (OAN)

### 2007 Calendar of Events

(3<sup>rd</sup>-12p)

(4<sup>th</sup>-2:30a)

“HEALTH - Women & Arthritis”

Featuring: Betsy Replogle, Chair OAN

Moderator: Rev. George Young

Aug 6

(6:30-8:30p)

**Arthritis Foundation Self Help Program, Tulsa**

St. Francis Hospital Education Center

*Must Pre-Register.* Contact Kulsum Siddiqui (918) 495-3553

Aug 7

(4-5p)

**Arthritis Foundation Exercise Program - Spanish, OKC**

Baptist Olivet Church

*Must Pre-Register.* Contact (405) 951-2277, #2 for Spanish

Aug 8

(2-3p)

**Arthritis Foundation Exercise Program, Coweta**

Carriage Crossing

*Must Pre-Register.* Contact Kulsum Siddiqui (918) 495-3553

Aug 7

(9:30-10:30a)

(Ongoing)

**Arthritis Foundation Exercise Program, Woodward**

First United Methodist Church

*Must Pre-Register.* Contact Elise Solloway (580) 256-5386

Aug 8

(10-11a)

**Arthritis Foundation Exercise Program, Okay**

Okay Area Senior Citizens Center

*Must Pre-Register.* Contact Leslie Vick (918) 485-3022

Aug 17

Oklahoma Turning Point Council Meeting

**Living Longer, Living Stronger Presentation**

Contact Karen Higgins (405) 271-944 ext. 56513 for more information

Aug 27

(11:00a)

**Chronic Disease Self Management Program Kick Off Event**

Waukomis Nutrition Site, Waukomis

Contact Judy Broomfield or Peggy Hager (580) 237-4810

for more information

Aug 28

(11:00a)

**Chronic Disease Self Management Program Kick Off Event**

NODA Area Agency on Aging, Enid

Contact Judy Broomfield or Peggy Hager (580) 237-4810

for more information

Aug 29

(11:00a)

**Chronic Disease Self Management Program Kick Off Event**

Cherokee Nutrition Site, Cherokee

Contact Judy Broomfield or Peggy Hager (580) 237-4810

for more information

#### September

Sep 4

(9:00a)

**Chronic Disease Self Management Program, Waukomis**

Waukomis Nutrition Site

*Must Pre-Register.* Contact Judy Broomfield or Peggy Hager (580) 237-4810

#### **Questions?**

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## Oklahoma Arthritis Network (OAN) 2007 Calendar of Events

- Sep 4  
(11-12p)  
(Ongoing)      **Arthritis Foundation Exercise Program, Broken Arrow**  
St. Francis Broken Arrow Outpatient Physical Therapy Dept.  
*Must Pre-Register.* Contact Barbara Connor (918) 451-5143
- Sep 5  
(9:00a)      **Chronic Disease Self Management Program, Enid**  
NODA Area Agency on Aging  
*Must Pre-Register.* Contact Judy Broomfield or Peggy Hager  
(580) 237-4810
- Sep 6  
(9:00a)      **Chronic Disease Self Management Program, Cherokee**  
Cherokee Nutrition Site  
*Must Pre-Register.* Contact Judy Broomfield or Peggy Hager  
(580) 237-4810
- Sep 6      **OAN Steering Committee Meeting**  
Contact (405) 271-9444 x56410
- Sep 11  
(4-5p)      **Arthritis Foundation Exercise Program, OKC**  
Epworth Villa  
*Must Pre-Register.* Contact Sue Painton (405) 936-5684
- Sep 11  
(10-11a)      **Arthritis Foundation Exercise Program, Enid**  
Oakwood Activity Center  
*Must Pre-Register.* Contact Mike Watts (580) 234-4464
- Sep 15  
(9-12p)      Health Fair Sponsored by Community Health Centers Inc.,  
City Church, and Homeless Alliance  
**Arthritis Information Available**  
Contact Susan Geurin (405) 272-0476 for more information
- Sep 19      Oklahoma State Fair, Senior Day  
**Arthritis Exhibit**  
"Exercise Your Way to Pain Relief" - Exercise Demonstration  
with Sue Painton, MS, AF Exercise/Self Help Program Leader
- Sep 20      "Oklahoma's Centennial: A New Frontier In Aging" - OKDHS  
Aging Services Division Nursing Conference, Norman  
**Arthritis Presentation**  
"Arthritis: Self Management Programs"  
Speaker: Sue Painton, AF Exercise/Self Help Program Leader
- Sep 24  
(5:30-7:30p)      **Arthritis Radio Presentation**  
KOKC, AM 1530  
Featuring: Betsy Replogle, Chair OAN
- Sep 24  
(5:45p)      **Arthritis Television Presentation**  
KSBI Channel 52  
Featuring: Betsy Replogle, Chair OAN

### Questions?

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## Oklahoma Arthritis Network (OAN) 2007 Calendar of Events

Sep 27  
(1:00p) **EnhanceFitness Program Kick Off Event, Shawnee**  
Shawnee Towers Senior Living Apartments  
Contact Donna Keyes (405) 640-9708 for more information

Sep 28  
(1:00p) **EnhanceFitness Program Kick Off Event, Shawnee**  
High Rise Senior Living Apartments  
Contact Donna Keyes (405) 640-9708 for more information

Sep 29  
(10:00a) **Arthritis Walk—McAlester**  
To register: [www.mcalesterarthritiswalk.kintera.org](http://www.mcalesterarthritiswalk.kintera.org)  
(405) 936-3366 or (800) 627-5486

### October

Oct 1  
(1-3p) **Arthritis Foundation Self Help Program, Wagoner**  
Yorkshire Village  
*Must Pre-Register.* Contact Leslie Vick or Linda Born (918) 485-3022

Oct 1  
(10-11a) **EnhanceFitness Program, Shawnee**  
Shawnee Towers Senior Living Apartments  
Contact Donna Keyes (405) 640-9708 for more information

Oct 1  
(1:30-2:30p) **EnhanceFitness Program, Shawnee**  
High Rise Senior Living Apartments  
Contact Donna Keyes (405) 640-9708 for more information

Oct 2  
(10:30-11:30a) **Arthritis Foundation Exercise Program, Lawton**  
Center for Creative Living  
*Must Pre-Register.* Contact (580) 248-0471

Oct 2  
(4-5p) **Arthritis Foundation Exercise Program - Spanish, OKC**  
Baptist Olivet Church  
*Must Pre-Register.* Contact (405) 951-2277, #2 for Spanish

Oct 3  
(3-5p) **Arthritis Foundation Self Help Program, Tahlequah**  
Go-Ye Village  
*Must Pre-Register.* Contact Monica Van Donkelaar (918) 456-4542

Oct 3  
(10-11a) **Arthritis Foundation Exercise Program, Okay**  
Okay Area Senior Citizens Center  
*Must Pre-Register.* Contact Leslie Vick (918) 485-3022

Oct 3  
(1:15-2:15p) **EnhanceFitness Program, Tecumseh**  
Tecumseh Senior Center  
Contact Shelly Webb (405) 246-8381 for more information

### **Questions?**

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



## Oklahoma Arthritis Network (OAN) 2007 Calendar of Events

- Oct 4                                   **Oklahoma Arthritis Network Meeting**  
Oklahoma State Department of Health, OKC  
Call (405) 271-9444 x56535 for more information.  
Videoconferencing Available;  
**Cleveland County Health Department** - (405) 579-2214  
**Rogers County Health Department** - (918) 341-3166  
**Mayes County Health Department** - (918) 825-4224  
**Pontotoc County Health Department** - (580) 332-2011  
**Harper County Health Department** - (580) 921-2029  
**Wagoner County Health Department** - (918) 485-3022
- Oct 4                                   **Arthritis Television Presentation**  
KSBI Channel 52 News at 5pm  
Featuring: Brandi Fossett, NODA Area Agency on Aging
- Oct 13                                   **Arthritis Foundation Exercise Program  
Leader Training Workshop, OKC**  
If interested in becoming a leader, call Shona Lennon  
at (405) 936-3366
- Oct 13                                   **Arthritis Walk—Tahlequah**  
To register: [www.tahlequaharthritiswalk.kintera.org](http://www.tahlequaharthritiswalk.kintera.org)  
(800) 400-4526
- Oct 15  
(8:30-11:30a)                           Recipe for a Healthier Oklahoma, Tulsa  
**Arthritis Information Available**  
BlueCross BlueShield of Oklahoma  
Contact Bridget Davidson (918) 551-3343 for more information
- Oct 17  
(9:30a)                                   **EnhanceFitness Program Kick Off Event, Seminole**  
Seminole Heritage House  
Contact Shelly Webb (405) 246-8381 for more information
- Oct 23  
(9:30a)                                   **EnhanceFitness Program, Seminole**  
Seminole Heritage House  
Contact Shelly Webb (405) 246-8381 for more information
- Oct 23  
(11:30a)                                   **Chronic Disease Self Management Program Kick Off Event**  
Blackwell Nutrition Site, Blackwell  
Contact Judy Broomfield or Peggy Hager (580) 237-4810 for  
more information
- Oct 24  
(11:30a)                                   **Chronic Disease Self Management Program Kick Off Event**  
Medford Nutrition Site, Medford  
Contact Judy Broomfield or Peggy Hager (580) 237-4810 for  
more information

### Questions?

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## Oklahoma Arthritis Network (OAN) 2007 Calendar of Events

- Oct 25  
(11:30 a) **Chronic Disease Self Management Program Kick Off Event**  
Newkirk Nutrition Site, Newkirk  
Contact Judy Broomfield or Peggy Hager (580) 237-4810 for more information
- Oct 26  
(8-5p) **Arthritis Foundation Exercise Program Leader Training Workshop, Tulsa**  
If interested in becoming a leader, call Kulsum Siddiqui at (800) 400-4526
- Oct 27  
**Waterloo Nazarene Community Health and Safety Fair, OKC**  
**Arthritis Information Available**  
Contact Marietta Lynch (405) 524-8338 for more information
- Oct 27  
**Arthritis Walk—Muskogee**  
To register: [www.muskogeearthritismark.kintera.org](http://www.muskogeearthritismark.kintera.org)  
(800) 400-4526
- Oct 30  
(9:00 a) **Chronic Disease Self Management Program, Blackwell**  
Blackwell Nutrition Site  
*Must Pre-Register.* Contact Judy Broomfield or Peggy Hager (580) 237-4810
- Oct 31  
(9:00a) **Chronic Disease Self Management Program, Medford**  
Medford Nutrition Site  
*Must Pre-Register.* Contact Judy Broomfield or Peggy Hager (580) 237-4810
- Oct 31  
**OAN Advisory Council Meeting**  
Chesapeake Boathouse  
Contact (405) 271-9444, ext. 56535

### November

- Nov 1  
(9:00 a) **Chronic Disease Self Management Program, Newkirk**  
Newkirk Nutrition Site  
*Must Pre-Register.* Contact Judy Broomfield or Peggy Hager (580) 237-4810
- Nov 6  
(9:30-10:30a) **Arthritis Foundation Exercise Program, Wagoner**  
Retired and Senior Volunteer Program (RSVP)  
*Must Pre-Register.* Contact Linda Born (918) 485-3022
- Nov 8  
Oklahoma Parks and Recreation Association Annual Conference, Tulsa  
**"Enhanced Fitness and Health Programs Designed for Adults of All Ages"**

### **Questions?**

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## Oklahoma Arthritis Network (OAN) 2007 Calendar of Events

- Nov 12  
(10:30a)                      **Television Presentation**  
"Joy in Our Town" – KTBO TV Channel 14  
"HEALTH - Public Transportation: Linking People to Health"  
Featuring Larry Hopper, Metro Transit, Alliance on Public  
Transportation and the OAN
- Nov 13  
(2:30a)                      **Television Presentation**  
"Joy in Our Town" – KTBO TV Channel 14  
"HEALTH - Public Transportation: Linking People to Health"  
Featuring Larry Hopper, Metro Transit, Alliance on Public  
Transportation and the OAN
- Nov 15                      **Oklahoma Arthritis Network Meeting**  
Oklahoma State Department of Health, OKC  
Call (405) 271-9444 x56535 for more information.  
Videoconferencing Available;  
**Rogers County Health Department** - (918) 341-3166  
**Canadian Co. Health Department** - (405) 262-0042  
**Comanche Co. Health Department** - (580) 248-5890  
**Johnston Co. Health Department** - (580) 371-2470  
**Pontotoc Co. Health Department** - (580) 332-2011  
**Pottawatomie Co. Health Department** - (405) 878-4626
- Nov 15  
(2:30a)                      **Television Presentation**  
"Joy in Our Town" – KTBO TV Channel 14  
"HEALTH - Public Transportation: Linking People to Health"  
Featuring Larry Hopper, Metro Transit, Alliance on Public  
Transportation and the OAN
- Nov 30                      **Free Clinic Resource Day**  
**Arthritis Information Available**  
Free Clinic Managers Only
- December
- Dec 6-7  
(Dec 6 @  
1:30p & 2:40p)                      Turning Point/Fit Kids Conference  
**"The Proof is in the Program -- an overview of Oklahoma's  
Evidence-Based Health Initiatives"**  
Speaker: Ellen Young RD/LD, KEDDO Area Agency on Aging  
University of Central Oklahoma, Edmond  
Call (405) 271-9444, ext. 56513 for more information

### Questions?

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