

COMMUNITY EVIDENCE-BASED PROGRAMS - OKLAHOMA DOESN'T SIT STILL http://www.ok.gov/health/Community_Health/Community_Development_Service/Health_Equity_&_Resource_Opportunities/

Type of Education or Physical Activity Program	Organization	Address	City	Phone
<p align="center">EnhanceFitness Program</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>	Marie Bailey Center	1600 Jack John Circle	Ada	(580) 759-2971
	Antlers Nutrition Center (MWF- 1:30p-2:30p)	248 NW "A" Street	Antlers	(918) 465-4840
	Connerville Senior Nutrition Center	6700 N. US Hwy 377	Connerville	(580) 795-9790
	Duncan Senior Nutrition Center	1901 W. Plato	Duncan	(580) 795-9790
	Idabel Nutrition Center (MWF- 10:00a-11:00a)	304 East Main	Idabel	(918) 465-4840
	Kiowa Nutrition Center (MWF- 10:00a-11:00a)	104 North Harrison	Kiowa	(918) 465-4840
	McAlester Nutrition Center (MWF- 9:30a-10:30a)	801 North Ninth	McAlester	(918) 465-4840
	Pauls Valley Senior Center	107 N. Indian Meridian Rd.	Pauls Valley	(405) 207-9034
	Purcell Senior Center	703 Sherri Classic Blvd.	Purcell	(405) 527-8855
	Seminole Family Life Center-(MWF- 5:30p-6:30p)	420 Reid St.	Seminole	(405) 275-4530
	Shawnee Senior Nutrition Center- (MTTH -5:30p-6:30p)	401 N. Bell	Shawnee	(405) 273-3213
	Shawnee Senior Nutrition Center- (MWF- 8:30a-9:30a)	401 N. Bell	Shawnee	(405) 273-3213
	Shawnee YMCA- (MWTH -10:00a-11:00a)	700 Saratoga	Shawnee	(405) 275-4530
	Golden Age Senior Senior Center (MWF- 1:30p-2:30p)	708 N. 6th Street	Tecumseh	(405) 275-4530
	Tishomingo Senior Site	1101 W. Ray Branum	Tishomingo	(580) 371-9667
	Valliant Nutrition Center (MWF-9:30a-10:30a)	311 Johnson Street	Valliant	(918) 465-4840
	Wilbuton Senior Nutrition Center (MWF-10:30a-11:30a)	309 West Ada	Wilburton	(918) 465-2122
<p align="center">Living Longer Living Stronger with Chronic Conditions</p> <p>(aka the Chronic Disease Self Management Program)</p> <p>This program is attended by people with different chronic conditions such as arthritis, diabetes and asthma.</p> <p align="center">***</p> <p>In classes, they learn how to manage, maintain, and increase their life activities.</p>	Broken Arrow Senior Center (start 5/11/11, 9:00a)	1800 South Main St.	Broken Arrow	(918) 259-8377
	El Reno Senior Center (start 6/2/11, 12:30p)	317 S. Grand Ave.	El Reno	(405) 942-8500
	Enid Senior Care (start 5/10/11, 2:30p)	410 N. 30th	Enid	(580) 237-4810
	Benjamin Davis High Rise (start 6/2/11)	620 E Ave.	Lawton	
	Ten Oaks Assisted Living (start 6/15/11)	3610 Huntington Circle	Lawton	
	Cottage Park (6/7/11, 4pm)	1403 N Stonecrop Dr.	Midwest City	(405) 922-9995
	Muskogee Swim & Fitness Center (start 6/30/11, 1:00p)	566 N. 6th St	Muskogee	(918) 681-4733
	TEEM (start 6/13/11)	14 N.E. 13th Street	OKC	(405) 235-5671 ext. 299
	Temple Gardens (start 5/2/11, 3:00pm)	1515 NE 48th St	OKC	(405) 842-7923
	Owasso Community Center (start 6/21/11, 12:00p)	301 S. Cedar	Owasso	(918) 272-3903
	Skiatook Senior Center (start 6/7/11, 1:00p)	4999 W. Rogers Blvd.	Skiatook	(918) 396-3320
	North Regional Health Center (start 5/3/11, 1:00 p)	5424 N. Madison	Tulsa	(918) 595-4471
	Mabel Fry Library (start 4/30/11, 9:30a)	1200 Lake Shore Drive	Yukon	(405) 942-8500
	Dick Conner Community Corrections	<i>Not open to the general public</i>	Hominy	
	Clara Waters Community Corrections Center	<i>Not open to the general public</i>	OKC	
	Hillside Community Corrections Center	<i>Not open to the general public</i>	OKC	
	Kate Barnard Community Corrections Center	<i>Not open to the general public</i>	OKC	
	Oklahoma City Community Corrections Center	<i>Not open to the general public</i>	OKC	
	Jess Dunn Correctional Center	<i>Not open to the general public</i>	Taft	
	Dr. Eddie Warrior Correctional Center	<i>Not open to the general public</i>	Taft	
	Union City Community Corrections Center	<i>Not open to the general public</i>	Union City	
	Jess Dunn Correctional Center	<i>Not open to the general public</i>	Taft	
	Dr. Eddie Warrior Correctional Center	<i>Not open to the general public</i>	Taft	
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<p align="center">Diabetes Self Management Program</p> <p>It is a workshop for people with type 2 diabetes. It teaches the skills needed in the day-to-day management of diabetes and to maintain and/or increase life's activities. Originally developed and evaluated in Spanish, it was translated into English and tested in a randomized, controlled study.</p>	Living Center (start 5/4/11, 9:00 a.m.)	1800 South Main St.	Broken Arrow	(918) 259-8377
	Noble Public Library (start 4/30/11, 12:00 p.m.)	204 N. 5th St.	Noble	(405) 942-8503
<p align="center">Tai Chi</p> <p>Tai Chi is a form of exercise characterized by slow, flowing movements that are performed in a relaxed, conscious manner. It fosters harmony and balance through a deep awareness of one's body, emotions and mind. Tai Chi involves the shifting of weight weight from one leg to the other, with movements directed from the waist while maintaining an upright body. All Tai Chi sessions are led by certified Tai Chi instructors.</p>	Shawnee Nutrition Center (TTh 8:30-9:30am)	401 N. Bell	Shawnee	(405) 878-1528
	OU Edmond Hospital	1 South Bryant	Edmond	(405) 359-5253
<p align="center">Arthritis Foundation Aquatic Program</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>	Cleveland County Family YMCA	1350 Lexington	Norman	(405) 364-9622
	Fountains at Canterbury	1404 N. Pennsylvania	OKC	(405) 751-3600
	Jim Thorpe Rehabilitation	4319 S. Western	OKC	(405) 644-5293
	The Lighthouse	3333 W. Hefner Road	OKC	(405) 751-3344
	North Side YMCA	10000 N. Penn	OKC	(405) 751-6363
	OCOM	8100 South Walker #B	OKC	(405) 602-6565
	Valir Health Rehab Hospital	700 N.W. 7th Street	OKC	(405) 553-1050
	Earlywine Park YMCA	11801 S.May	OKC	(405) 378-0420
	Epworth Villa	14901 N. Pennsylvania	OKC	(405) 752-1200
	George Nigh Rehabilitation/OUHSC	900 E Airport Road	Okmulgee	(918) 495-3553
	Pryor Creek Recreation Center	1111 SE 9th St	Pryor	(918) 495-3553
	Salvation Army Boys & Girls Club	4403 S. 129 W. Ave	Sand	(918) 495-3553
	Shawnee Family YMCA	700 W. Saratoga	Shawnee	(405) 273-4386
	Marietta School	Rt 4 Box 413	Stilwell	(918) 495-3553
	Center for Individuals with Physical Challenges	YWCA - 1910 S. Lewis	Tulsa	(918) 495-3553
	Hillcrest Kaiser Rehab Center	1125 South Trenton Ave.	Tulsa	(918) 495-3553
	Inverness Village	3800 W 71	Tulsa	(918) 495-3553
	Redbud Physical Therapy	4716 E 40	Tulsa	(918) 495-3553
	Saint Francis Hospital - Health Zone	5353 East 68	Tulsa	(918) 495-3553
	St. John Medical Ctr - Seigfried Health Club	1819 E. 19	Tulsa	(918) 495-3553
	YWCA East Center	8145 E. 17	Tulsa	(918) 495-3553
	PJW YWCA	1910 S. Lewis Ave.	Tulsa	(918) 495-3553
Redbud Physical Therapy	817 W. Cherokee	Wagoner	(918) 495-3553	
Great Plains Family YMCA	1400 N. Airport Rd.	Weatherford	(580) 772-0202	