Living Longer Better
The Governor's Healthy Aging Summit

LAURA GAMINO
OU MEDICAL CENTER

Has pledged to elevate healthy aging in Oklahoma by participating in the Healthy Aging: Living Longer Better collaborative in the category of

PREVENT & REDUCE FALLS

New or Renewed Partner: I partner with the Oklahoma City-County Health Department to use their space for my instructor courses. I teach instructors who then go on to teach at the Senior Nutrition Sites, local libraries, YMCA, churches, and senior centers.

Strategy Implemented: I teach instructor courses for Tai Chi: Moving for Better Balance. This is a research based fall prevention program for older adults.

Outcomes to Date: To date, I have taught 196 instructors from across the State of Oklahoma.

Date of Pledge: May 20, 2015

To collaborate with this stakeholder, call (405) 271-3557

Thank you for joining the collaborative.
We look forward to celebrating your success.
http://healthyaging.health.ok.gov

Oklahoma State Department of Health

"Collaborating on effective strategies for older Oklahomans to live and age well."