



TAI CHI

Moving for Better Balance

Through simple, graceful movements that are easy to learn, Tai Chi builds physical stamina, improves one's balance, muscular strength, postural control, self-confidence, memory, and reduces the likelihood of falling.

The Eight Tai Chi Quan forms taught are adapted from 24 simplified forms of Tai Chi. According to CDC, Tai Chi Quan, if practiced regularly is proven to reduce the risk of falls by 55%.

Tai Chi Quan is **FREE** and 10-12 week beginning classes are offered several times a year by four local instructors, two of which also offer continuing practice classes.

Contact information is below:

- **Renetta Harrison**, Rogers County Health Department – **918-341-3166**
 - Ongoing practice classes on Thursdays at *Claremore Community Center gym* Thursdays at 8:15 a.m. **(participants must have completed a beginning class).**
- **Laurie Ault**, First United Methodist Church – **918-341-4580**
 - Ongoing practice classes on Mondays and Thursdays, 9:00 a.m., *Activity Room* **(participants may walk in and learn while watching/participating)**
- **Julie Hancox**, Summit Physical Therapy – **918-342-3800**
- **Devon Murray**, Oklahoma Healthy Aging Institute (OHA) - **918-779-7367**
- **Steve St. John**, **918-521-4647**

No beginning classes scheduled at this time.

Please call any instructor for dates and times of upcoming beginning classes.

For more information on Tai Chi Quan please visit:

https://www.ok.gov/health/Protective_Health/Injury_Prevention_Service/Falls_Prevention/index.html.