News Release

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**Free Tai Chi Course Offered For Seniors**

OKLAHOMA CITY, Jan. 6, 2019 – Daily Living Centers of Oklahoma will host a free eight-week Tai Chi course for adults with disabilities and seniors. Classes will be from 10 a.m. to 10:45 a.m. on Wednesdays starting January 8 to February 26 at 3000 N Rockwell Ave. in Bethany.

“We keep our participants active mentally through games and puzzles, but also physically through different exercises,” said Daily Living Centers Activity Director Traci Lucas. “We are excited to introduce this Tai Chi course and hope to offer more like it in the future.”

Daily Living Centers Social Services Coordinator, Amanda Dirmeyer, will provide tours to interested caregivers both before and after the class. The course will be taught by Linda Melders, who is certified by the Oklahoma Department of Human Services.

According to the CDC, physical exercise helps maintain healthy bones, muscles and joints to reduce risk of falling and fracturing bones. It also reduces blood pressure and symptoms of anxiety and depression, and fosters improvements in mood and feelings of well-being in older adults.

Daily Living Centers of Oklahoma is a non-profit organization offering affordable, non-residential facilities that support the health, nutritional and social needs of disabled or elderly adults in a professionally staffed group setting. With four locations, DLC provides an alternative to nursing homes and other long term care options. For more information, please visit [www.dailylivingcenters.org](http://www.dailylivingcenters.org/).

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