

UAMS News Bureau

Office of Communications & Marketing
4301 West Markham # 890
Little Rock, AR 72205-7199

uamshealth.com/news



News Release
Aug. 12, 2019

Media Contacts:

Kathy Packard, 501-623-0020
kpackard@uams.edu

Liz Caldwell, 501-686-8995
Wireless phone: 501-350-4364
liz@uams.edu

UAMS Oaklawn Center on Aging Offering 'Beginning Tai Chi, The 24 Forms' Classes

LITTLE ROCK — The Oaklawn Center on Aging, a program of the University of Arkansas for Medical Sciences (UAMS), is offering free Beginning Tai Chi: The 24 Forms classes starting Sept. 5 and meeting each Thursday at 10 a.m. at the Hot Springs Senior Center, 301 Broadway Street in Hot Springs.

The Oaklawn Center on Aging is part of the UAMS Donald W. Reynolds Institute on Aging and is funded by the Oaklawn Foundation. For more information or to enroll, contact the UAMS Oaklawn Center on Aging at 501-623-0020 or www.oaklawncenteronaging.com.

The ancient practice of tai chi is clinically proven to be one of the most effective exercises to improve health, fitness and relaxation. The 24 Forms is the most widely practiced tai chi form.

Jerry Matlock will teach Dr. Paul Lam's Tai Chi, The 24 Forms. He began studying and practicing Yang 24 form in 1994 and is a senior trainer in Dr. Paul Lam's Tai Chi program. Matlock studied William C.C. Chen's Yang 60 movement form at the University of Arkansas in Little Rock then began studying Dr. Lam's Sun style tai chi program in 2009.

UAMS is the state's only health sciences university, with colleges of Medicine, Nursing, Pharmacy, Health Professions and Public Health; a graduate school; hospital; a main campus in Little Rock; a Northwest Arkansas regional campus in Fayetteville; a statewide network of regional campuses; and seven institutes: the Winthrop P. Rockefeller Cancer Institute, Jackson T. Stephens Spine & Neurosciences Institute, Harvey & Bernice Jones Eye Institute, Psychiatric Research Institute, Donald W. Reynolds Institute on Aging, Translational Research Institute and Institute for Digital Health & Innovation. It is the only adult Level 1 trauma center in the state. *U.S. News & World Report* named UAMS Medical Center the state's Best Hospital; ranked its ear, nose and throat program among the top 50 nationwide; and named six areas as high performing — cancer, colon cancer surgery, heart failure, hip replacement, knee replacement and lung cancer surgery. UAMS has 2,727 students, 870 medical residents and five dental residents. It is the state's largest public employer with more than 10,000 employees, including 1,200 physicians who provide care to patients at UAMS, its

regional campuses, Arkansas Children's Hospital, the VA Medical Center and Baptist Health. Visit www.uams.edu or www.uamshealth.com. Find us on [Facebook](#), [Twitter](#), [YouTube](#) or [Instagram](#).

Like us, we're social:    

###