Interactive Workshop: Sign Chi Do
With Dr. Carol Rogers

In this interactive workshop, sponsored by the Compassionate Care Initiative, Dr. Carol Rogers will demonstrate the practice of Sign Chi Do, describe available resources for personal practice and teaching Sign Chi Do classes, and discuss how Sign Chi Do can be used in the clinical setting.

Tuesday, September 23, 2014
3:00 – 5:00 p.m.
McLeod Hall, room 5060

Sign Chi Do is a form of meditative movement that combines gentle flowing movement, diaphragmatic breathing, & meditation choreographed to music to create a deep state of relaxation.

About the facilitator:
Carol Rogers, PhD is an Assistant Professor at the University of Oklahoma College of Nursing Reynolds Center of Geriatric Nursing Excellence. She is a 2008-2010 National Hartford Center of Geriatric Nursing Excellence Patricia G Archbold Scholar. Her doctoral work from Arizona State University (ASU), with a concentration in physical activity in older adults, was funded by a NIH/NINR F31 grant. A recognized name in gerontological nursing science and an accomplished researcher, Rogers’ work focuses on the use of a low intensity mind-body-spirit exercise, Sign Chi Do, on promoting healthy aging in frail populations.