Sign Chi Do Practice
Guided by Dr. Carol Rogers

Please join the Compassionate Care Initiative and start your day with 30 minutes of self-care. No special attire or equipment required. All are welcome!

Wednesday, September 24, 2014
8:00 – 8:30 a.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.