

TOTAL WELLNESS 2014 FALL SCHEDULE

Free classes meet one hour a week for 8 weeks. The goal of the class is for everyone to lose 5% of their body weight and become more active. Everyone 18 or older welcome to attend.

SW OKLAHOMA CITY

Variety Care – Lafayette
(Spanish)

500 SW 44th St
Tuesdays 10-11 am
Sept 23 - Nov 18

MIDWEST CITY

Midwest City Library

8143 E Reno Ave
Mondays 5:15-6:15 pm
Sept 22 - Nov 17

CENTRAL OKLAHOMA CITY

Downtown Library
300 Park Ave
Mondays 12-1 pm
Sept 22 - Nov 17

Mark Twain Elementary
(Spanish)

2451 W Main St
Tuesdays 5:15-6:15 pm
Sept 16 - Nov 4

NW OKLAHOMA CITY

Village Library

10307 N Pennsylvania Ave
Tuesdays 5:15-6:15 pm
Sept 23 - Nov 18

Belle Isle Library

5501 N Villa Ave
Thursdays 5:15-6:15 pm
Oct 2 - Nov 20

EDMOND

University of Central
Oklahoma

Wellness Center
100 N University Dr
Wednesdays 12-1 pm
Sept 24 - Nov 12

NE OKLAHOMA CITY

Northeast Regional Health
and Wellness Campus

2600 NE 63rd St
Wednesdays 9-10 am
Oct 1 - Nov 19

Oklahoma Blood Institute

1001 N Lincoln Blvd
Wednesdays 5:15-6:15 pm
Oct 1 - Nov 19

Spaces limited. Pre-enrollment is required. Enroll now!
Call (405) 419-4166
or email totalwellness@occhd.org



WELLNESS NOW

TOTAL WELLNESS