



WELLNESS NOW

For Release: April 14, 2015 Contact us at media@occhd.org

Family Fun Night Is Coming April 16th. Healthy Cooking Demos, Giveaways & Fun

We want to meet you and your family! Thursday, April 16th for the Oklahoma City-County Health Department's fourth Family Fun Night of the year. Come join us for the community experience from 5:30 to 7:30 p.m. at the Northeast Regional Health and Wellness Campus at 2600 Northeast 63rd street in Oklahoma City.

We will have great kids activities, fun and door prizes along with refreshments. Family Fun Night features our wonderful partners from the YMCA, Family Expectations, Healthy Start, Infant Crisis Services, Sooner Success, Smart Start and Early Birds.

- Sno-Cones (Kona Ice)
- Food Truck (Tacos Emmanuel)
- Healthy Cooking Demonstration
- Bounce House
- Multiple exercise videos for the whole family
- Walking Trails
- Wii Play Room
- Booths featuring early childhood resources

- There will be multiple giveaways, including:
 - o 10 day passes to any metro YMCA
 - o Walmart gift card
 - o Weather radio

Learn more at our website: <http://www.occhd.org/wellnessnow>

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