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Promoting Active Transportation Is Open Streets OKC, Sunday April 3rd

Open Streets OKC is a local health and wellness project sponsored by the Oklahoma City-County Health Department's Wellness Now Coalition and strong partner organizations including The Association of Central Oklahoma Governments, The Neighborhood Alliance of Central Oklahoma, the Oklahoma City Public Schools, Oklahoma Employees Credit Union and Uptown 23rd.

Among sixty participants sponsoring health and wellness activities:

OKC Riversport, Guiding Right, Latino Community Development Agency, ABC Dental, Metro Technology Centers, Rivus Wellness and Research, Mercy sports Performance powered by EXOS, Your Key to Change, Variety Care, the Cage OKC Downtown Basketball League, Spokies, EMBARK, Oklahoma City University, American Lung Association, Regional Food Bank, American Red Cross and the Latino Community Development Agency.

Activities include land rowing, hula hoop, jump rope, line dancing, tai chi, basketball shooting, a smoothie bicycle, sack races, ring toss, rain gutter regatta, soccer, children's gymnastics, street chalk and more.

The event encourages active transportation such as biking or walking which promotes healthier residents. It also creates closer ties to our community.

On Sunday, April 3rd from noon to 4:00 p.m. we will reclaim part of a busy street for a few hours for non-motorized activity. A 0.8 miles portion of NW 23rd between Western to Robinson will be closed to traffic along with a segment of Walker to the Paseo Arts District will be closed to automobile traffic. The Oklahoma Arts Council has donated musical performers and artists for the area along North Walker leading to the Paseo Arts District.

Everyone is invited to walk, bike, skate or board while they meet local business owners and celebrate the charm of a historic Oklahoma City neighborhood. Accenting the fun will be wellness ideas and local food. It's purpose is permanent change.

The stretch of Walker from Northwest 23rd to the Paseo Arts District will be more of a Zen Zone featuring acoustical music, sidewalk chalk and other relaxing activities. We offer free Giddyup Shuttle Service from Oklahoma City University and the south parking lot at the State Capitol

As we choose active transportation and push for more accessible communities, the healthier we become and more foot traffic for the local economy. Doing so shows we are interested in shaping the areas we call home and creating a culture of health for our city.

To learn more about Open Streets OKC go to: www.openstreetsokc.com

Oklahoma City-County Health Department – 2600 NE 63rd Street, Oklahoma City, 73111
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WELLNESS NOW

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