

TOTAL WELLNESS

Free 8-week weight-loss and healthy living class for adults



405-425-4422

Enroll now!

Register at occhd.org/lose or scan the QR code.



totalwellness@occhd.org

Fall 2024 Schedule

In-Person Classes

NW OKC

Northwest Library
5600 NW 122nd St
Wednesdays: 5:15 - 6:30PM
Sep 18 - Nov 6

Crossings Community Center

10255 N Pennsylvania Ave
Fridays: 10:00 - 11:15AM
Sep 27 - Nov 15

East

Del City Library
4330 SE 15th St
Thursdays: 10:00 - 11:15AM
Sep 19 - Nov 7

Midwest City Library

8143 E Reno Ave
Wednesdays: 5:15 - 6:30PM
Sep 25 - Nov 13

NE OKC

Community Health Recreation and Wellness Center (Age 50+)
3748 N Lincoln Blvd
Wednesdays: 11:15AM-12:30PM
Sep 18 - Nov 6

South

Almonte Library
2727 SW 59th St
Thursdays: 5:15 - 6:30PM
Sep 19 - Nov 7

Edmond

Edmond Parks and Recreation
2733 Marilyn Williams Dr
Thursdays: 10:00 - 11:15AM
Sep 26 - Nov 14
(NO CLASS ON OCT 31)

Online Class

Tuesdays

6:00 - 7:15PM
Sept 24 - Nov 12

Online participants will need:

- Computer with internet access and speakers
- Smart phone with data internet access
- Scale to weigh self
- Ability to download the Healthie and Zoom smart phone applications



**LOSE WEIGHT,
LIVE BETTER!**
Spaces limited.
Pre-enrollment is required.

SALUD TOTAL

Clase gratuita de 8 semanas sobre
pérdida de peso y vida saludable
para adultos



405-425-4308



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Otoño 2024 Cronograma

El Sur de OKC
Sunbeam Educare
500 SE Grand Blvd
Martes: 5:15 - 6:30PM
17 de septiembre – 5 de noviembre

**¡BAJA DE PESO,
APRENDE A VIVIR
MEJOR!**



**Espacios limitados.
Preinscripción
requerida.**