

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

Winter 2025 Schedule

In-Person Classes

NW OKC

Will Rogers Senior Center
3501 Pat Murphy Drive
Tuesdays: 5:15 - 6:30PM
Jan 14 - Mar 4

Healthy Living OKC (Age 50+)

11501 N Rockwell Ave
Tuesdays: 1:30 - 2:45PM
Jan 21 - Mar 11

NE OKC

Willa D Johnson Recreation Center
909 Frederick Douglass Ave
Wednesdays: 10:00 - 11:15AM
Jan 15 - Mar 5

Metro Tech Wellness Center

1600 Springlake Drive
Tuesdays: 5:15 - 6:30PM
Jan 21 - Mar 11

SOUTH

Almonte Library
2727 SW 59th St
Tuesdays: 10:00 - 11:15AM
Jan 14 - Mar 4

Pete White Health and Wellness Center

4021 S Walker Ave
Thursdays: 5:15 - 6:30PM
Jan 16 - Mar 6

EAST

Del City Community Center
4505 SE 15th St
Wednesdays: 5:15 - 6:30PM
Jan 22 - Mar 12

Online Class

THURSDAYS

10:00 - 11:15AM
Jan 16 - Mar 6

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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Invierno 2025 Cronograma

EL NORTE DE OKC
Crossings Community Center
10255 N Pennsylvania Ave
Miércoles: 10:00 - 11:15AM
22 de enero - 12 de marzo

¡BAJA DE PESO,
APRENDE A VIVIR
MEJOR!



Espacios limitados.
Preinscripción
requerida.