

# TOTAL WELLNESS

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



405-425-4422

Enroll now!

Register at [occhd.org/lose](https://occhd.org/lose) or scan the QR code.



[totalwellness@occhd.org](mailto:totalwellness@occhd.org)

## Spring 2026 Schedule

### In-Person Classes

#### NW OKC

**Mercy Hospital Conference Center  
McAuley Building**  
4205 McAuley Blvd.  
Thursdays: 5:15 - 6:30 PM  
April 9 - May 28

#### SOUTH OKC

**YMCA Healthy Living Center (50+)**  
13660 S Western Ave.  
Tuesdays: 10:00 - 11:15 AM  
April 7 - May 26

#### NE OKC

**OCCHD North Campus**  
2600 NE 63<sup>rd</sup> St.  
Thursdays: 10:00 - 11:15 AM  
April 16 - June 4

#### BETHANY

**Bethany Library**  
6700 NW 35<sup>th</sup> St.  
Tuesdays: 5:15 - 6:30 PM  
April 7 - May 26

#### EDMOND

**Edmond Parks and Recreation  
Center - MAC Building**  
2733 Marilyn Williams Dr.  
Thursdays: 10:00 - 11:15 AM  
April 9 - May 28

#### CHOCTAW

**Eastern OK County Tech Center**  
4601 N. Choctaw Rd.  
Thursdays: 5:15 - 6:30 PM  
April 16 - June 4

#### MIDWEST CITY

**Midwest City Library**  
8143 E. Reno Ave.  
Wednesdays: 10:00 - 11:15 AM  
April 15 - June 3

### Online Class

#### Tuesdays

10:30 - 11:30 AM  
April 14 - June 2

#### Thursdays

6:00 - 7:00 PM  
April 30 - June 18

#### **Online participants will need:**

- Computer with internet access and speakers
- Smartphone with internet data access
- Scale to weigh self
- Ability to download the Healthie and Zoom smartphone applications



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

# TOTAL WELLNESS

## Lose Weight, Live Better!

Join our **FREE** interactive weight loss and chronic disease prevention program



“This program has saved my life. I was at the point of having a heart attack. Now that I have lost 14 pounds and am staying active, I feel much better!”

- *Total Wellness Participant*

### Who should enroll?

Adults (age 18+) who want to:

- Prevent or manage chronic diseases like diabetes and heart disease
- Lose weight



### What will I learn during the Total Wellness classes?

- Healthy eating: more than what's on your plate
- Physical activity: fun ways to move more
- Keys to healthy eating out
- Taking charge of what's around you
- Changing habits: why you are having trouble changing old habits
- Classes are held once weekly all around Oklahoma City-County and online

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For More Information Call: 405-425-4422

Email: [totalwellness@occhd.org](mailto:totalwellness@occhd.org) | Go Online: [occhd.org/tw](https://occhd.org/tw)

