

TOTAL WELLNESS

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



405-425-4422



totalwellness@occhd.org

Summer 2026 Schedule

In-Person Classes

NW OKC

The Village Library
10307 N Penn. Ave
Wednesdays: 10 - 11:15 AM
July 8 - August 26

SOUTH OKC

OCCHD South
6728 S Hudson Ave.
Tuesdays: 5:15 - 6:30 PM
June 30 - August 18

NE OKC

Community Health Recreation & Wellness Center (50+)
3748 N Lincoln Blvd.
Thursdays: 10 - 11:15 AM
July 2 - August 20

Metro Tech Wellness Center

1600 Springlake Dr.
Thursdays: 5:15 - 6:30 PM
July 9 - August 27

EDMOND

Mercy Edmond I-35 North
2017 W I-35 Frontage Rd.
Thursdays: 5:15 - 6:30 PM
July 2 - August 20

CHOCTAW

Choctaw Library
2525 Muzzy St.
Wednesdays: 5:30 - 6:45 PM
July 1 - August 19

Del CITY

Del City Community Center
4505 SE 15th St.
Thursdays: 10 - 11:15 AM
July 9 - August 27

Online Class

Mondays

10:30 - 11:30 AM
June 29 - August 17

Wednesdays

6 - 7:00 PM
July 8 - August 26

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

Enroll now!

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



For More Information Call: 405-425-4422

Email: totalwellness@occhd.org | Go Online: occhd.org/tw

