



April 8, 2010

FOR IMMEDIATE RELEASE

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**Free Weight Loss Classes Aim to Prevent Diabetes
Six and Ten Week Sessions Begin in Mid-April**

Oklahoma City – Beginning next week, the Oklahoma City- County Health Department (OCCHD) and Metro Technology Centers will offer a series of weight loss classes at the Metro Tech Spring Lake and South Bryant campuses. The classes are free and open to the public.

The six and ten week classes will guide participants through a weight loss plan that focuses on small changes in behavior that can lead to big improvements in health. “Studies show that a weight loss of just five percent can reduce a person’s risk of developing diabetes by 52%,” says OCCHD Dietician Allyson Drain.

The goal for class participants will be to lose 5% of body weight. That translates into a 10 pound weight loss for someone who weighs 200 pounds. In previous OCCHD Diabetes Prevention and Outreach Program sessions, four out of five people who attended all of the classes met or surpassed their 5% goal.

“Many of our participants retake the series of classes so that they can continue to receive the support as they lose even more weight,” says Drain. “The classes offer a healthy, proven way for participants to learn how to change their behaviors for lasting weight loss,” she says.

Classes will meet for one hour per week over six or ten weeks. They will be led by Metro Technology Center faculty in conjunction with OCCHD staff. “Weight loss is the most effective way of preventing diabetes, and we’re joining this effort to help improve the health in our community,” says Metro Tech Wellness Coordinator Valerie McMurry-Nichols.

For more information please call Nancy Dayton, RN 405-425-4352 or Valerie McMurry-Nichols 405-605-4486.

Metro Tech Springlake Campus (6 weeks classes):

Health Careers Center - 1720 Springlake Drive, Oklahoma City
April 15th – May 20th 12:30-1:30pm

Child Care Training Center - 3901 Martin Luther King Ave
April 15th – May 20th 10:20-11:20am

Metro Tech Springlake Campus (10 week classes):

Service Center Break Room - 1520 Staton Drive, Oklahoma City
April 13th-June 15th 8:30-9:30 am

Business Conference Center - 1900 Springlake Drive, Oklahoma City
April 15th – June 17th

Metro Tech South Bryant Campus (10 week classes):

South Bryant Campus - 4901 S. Bryant Ave, Oklahoma City
April 13th – June 15th 10:00 – 11:00 am

Cosmetology Department - 4901 S. Bryant Ave, Oklahoma City
April 14th – June 16th 5:30-6:30pm