



Contact:

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Enjoy a New You with Free Total Wellness Classes

Oklahoma City, Okla. – [Oklahoma City-County Health Department](#) (OCCHD) invites the public to enroll for our free Total Wellness classes which are an interactive weight loss program for adults to prevent heart disease and diabetes.

Classes are just one hour a week for eight weeks. Our registered dietitians will help you to lose five percent of your body weight. Great news because you do not have to live in Oklahoma County to participate.

Total Wellness instructors will show you in easy to follow steps how to make healthy choices, change unhealthy behaviors, find time to be more active, lose weight and feel great.

The Spring session begins in the second week of April. Please complete [this form](#) and choose your preferred class day, time and location. Space is limited. If you have questions call 405-425-4422 or email totalwellness@occhd.org

Locations include:

Will Rogers Senior Center//3501 Pat Murphy Drive//Tuesdays 12:00 – 1:00 p.m.//April 9 – May 28

Northwest Library//5600 NW 122nd Street//Saturdays 10 - 11 a.m.//April 13 – June 1

Downtown Library//300 Park Ave.//Thursdays 11 a.m. – noon//April 11 – May 30

Ralph Ellison Library//2000 N.E. 23rd //Tuesdays 5:15 p.m. – 6:15 p.m.//April 9 – May 28

Northeast Regional Wellness Campus//2600 N.E 63rd //Wednesdays 9:00 a.m. – 10:00 a.m.// April 10 – May 29

Southern Oaks Wellness Campus//6728 South Hudson//Thursdays 5:15 - 6:15 p.m.//April 11 – May 30

Midwest City Library//8143 E. Reno//Tuesdays 5:15 p.m.– 6:15 p.m.//April 16 – June 4

Edmond Recreation Center//2733 Marilyn Williams Drive//Thursdays 10:00 – 11:00 a.m.//April 18 – June 6

(Spanish Class) Capitol Hill Library//327 SW 27th Street//Wednesdays 11:00 a.m. – 12:00 p.m.//April 17 – June 5

For more information, please visit www.occhd.org or click the icons below to follow us on social media.

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Oklahoma City-County Health Department
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