



WELLNESS NOW

For Release: September 2, 2015 – Contact us at media@occhd.org 405-417-1634

Family Wellness Classes Team Up for National Childhood Obesity Awareness Month

One in five children in the United States is considered obese, and nearly 30% of Oklahoma children are either overweight or obese. With this major public health concern, the OKC-County Health Department, Wellness Now and the Black Chamber of Commerce are teaming up to help reduce these numbers in Oklahoma City children. With September being National Childhood Obesity Awareness month there is no better time to tackle this issue.

Local organizations are working together to offer **FREE** classes meeting one hour a week for eight weeks. Classes are open to all elementary school aged children and their families. Each week there are interactive lessons teaching how to eat healthier, be more active and lose weight together. Free weekly cooking demos are provided for the kids.

Call (405) 425-4352 or email Jennifer_Like@occhd.org now to sign up.

Spaces are limited and pre-enrollment is required.

Classes will be offered at the following locations:

NE OKC – F.D. Moon Academy // 1901 N.E. 13th Street // Thursdays 6-7 pm // September 10-November 5

SW OKC—Wheeler Elementary // 501 SE 25th Street // Tuesdays 6-7 pm // September 8-November 3

Thanks to our partners: Oklahoma City Community Foundation, the YMCA of Greater OKC, and OK5210.

Oklahoma City-County Health Department – 2600 NE 63rd Street, Oklahoma City, 73111
www.occhd.org

