



NEWS RELEASE . FOR IMMEDIATE RELEASE

June 2, 2021

## **OCCHD partnering with Scissortail Park**

The Oklahoma City-County Health Department is partnering with Scissortail Park's Walking Club and encouraging residents to put on their walking shoes and take to the park's paved trails each week.

The club meets every Thursday at 9 a.m. and starts its walk at the boathouse on the Park's west side. Walkers are invited to bring their leashed pets and strollers. Participation is free and the Scissortail Park Foundation plans to purchase t-shirts and other goodies for participants. (Details below about media event on Thursday.)

OCCHD has previously participated in events that took place within the Park, but this is the first time that the agency has partnered with one of the Park's activities.

"Since its opening in 2019, Scissortail Park has truly become a place for everyone, which aligns perfectly with the work that we do in public health," said Dr. Patrick McGough, OCCHD CEO. "Walking has many incredible benefits that could help prevent future medical issues, so we are hoping to see participants from across the county."

The club launched in May and is now up to walking two miles with plans to go farther. But people can walk as far or as short as they want at each club meeting.

Besides walking, the club provides an extra benefit since it's a group exercise program. People are more likely to show up to group classes than exercising alone because classmates and the instructor expect them to be there. Group classes can also be motivational since participants may push themselves to walk faster than if they were walking by themselves.

"We are always thrilled when a new partner recognizes the value we bring to the community as a site that promotes health," said Maureen Heffernan, CEO of Scissortail Park and Myriad Botanical Gardens. "We value the knowledge that the health department will bring to this program. Make the walking club a regular date on your calendar to come out and walk in our beautiful Park. "

Every first Thursday of the month, OCCHD will have one of its program directors on site to discuss the agency's work toward improving health outcomes across Oklahoma County, and how people can get involved. On June 3, OCCHD's Total Wellness Supervisor

Jennifer Like will discuss the free eight-week health and wellness program and when the next class will start.

Individuals are encouraged to sign up by visiting [scissortailpark.org/calendar](http://scissortailpark.org/calendar). Updates on the class will be posted on the park's social media pages. Follow them @scissortailpark.

**MEDIA:**

Come join the Scissortail Park's Walking Club on Thursday, June 3, and learn more about the new partnership and Total Wellness. Bring your leashed pets.

OCCHD PIO Molly Fleming, Total Wellness Supervisor and Registered Dietitian Jennifer Like, and Scissortail Park Marketing and Communications Director Stacey Aldridge will be available for interviews.

Interviews will start at 8:30 a.m. so the Walking Club can stick to its 9 a.m. start time.

Fleming and Like will not be on site after 10 a.m.