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OKC'S B.E.S.T Joins Oklahoma Standard Campaign

OKC's Better Educated Students for Tomorrow (B.E.S.T) Summer Wellness Camp for Kids provides nutrition education, physical activities and tobacco free awareness for middle school aged kids. This tuition free camp is held on the Oklahoma City-County Health Department's Northeast Regional Health and Wellness Campus at 2600 NE 63rd Street.

Many students are facing childhood obesity which means they have a higher risk of heart disease, Type 2 diabetes, high blood pressure and sleep apnea. They are taught about the "My Plate" which half the plate is filled with fruits and vegetables. The rest of the plate has protein foods, dairy and grains.

Jackie O. Gray, Founder and Director of the program, has committed to join the Oklahoma Standard Campaign by encouraging campers to commit one act of service, one of honor and one of kindness. To demonstrate an act of service, campers will prepare and serve a lunch-bag of food to the homeless on Friday at noon at the City Rescue Mission at 800 West California in Downtown.

Afterwards campers will demonstrate an act of honor by visiting the Oklahoma City National Memorial to Honor the victims and survivors of the April 1995 bombing. Each camper receives an Oklahoma Standard Wristband as a reminder of the experience. Campers who perform an act of kindness are rewarded with character buttons.

Thanks to our corporate sponsors: Continental Oil, Braum's, Walmart, Olive Garden and ONIE.

For additional information contact:

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