



WELLNESS NOW

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

Family Wellness Classes Begin Soon – Open To All Elementary School Aged Children and their Families

OKC-County Health Department, Wellness Now and the Black Chamber of Commerce are offering a new program called Family Wellness. These FREE classes meet one hour a week for eight weeks. Classes are open to all elementary school aged children and their families this summer.

Learn how to eat healthier, be more active and lose weight together. Follow the OK5210 guidelines to eat 5 servings of fruits and vegetables, get 2 hours or less of screen time, exercise for 1 hour and drink 0 sugar sweetened beverages every day.

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 – Langston OKC, 4205 North Lincoln Blvd. Wednesdays 5:30 – 6:30 p.m. June 10th-July 29th.
SW OKC—Oklahoma City Community College, 7777 South May. Tuesdays 6-7 p.m. June 9th-July 28th.

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

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

