



TOTAL WELLNESS

Free 8 week weight-loss class for adults.



Spring 2019 Schedule

ENROLL NOW!

Call: 405-425-4422

Email: totalwellness@occhd.org

Register Online: occhd.org/lose

NW OKC

Will Rogers Senior Center

3501 Pat Murphy Dr.
Tuesdays 12:00 – 1:00 PM
April 9 – May 28

Northwest Library

5600 N.W. 122nd St.
Saturdays 10:00 – 11:00 AM
April 13 – June 1

Downtown

Downtown Library

300 Park Ave.
Thursdays 11:00 AM – 12:00 PM
April 11 – May 30

NE OKC

Ralph Ellison Library

2000 N.E. 23rd St.
Tuesdays 5:15 – 6:15 PM
April 9 – May 28

Northeast Regional Health and Wellness Campus

2600 N.E. 63rd St.
Wednesdays 9:00 – 10:00 AM
April 10 – May 29

South OKC

Southern Oaks Health and Wellness Campus

6728 S. Hudson Ave.
Thursdays 5:15 – 6:15 PM
April 11 – May 30

Edmond

Edmond Recreation Center

2733 Marilyn Williams Dr.
Thursdays 10:00 – 11:00 AM
April 18-June 6

Midwest City

Midwest City Library

8143 E. Reno Ave.
Tuesdays 5:15 – 6:15 PM
April 16 – June 4

LOSE WEIGHT, LIVE BETTER!

Spaces limited.
Pre-enrollment is required.