



WELLNESS NOW

For Release: May 7, 2015 – Contact us at media@occhd.org 405-417-1634

OKC-COUNTY HEALTH DEPARTMENT HOSTS FIFTH FAMILY FUN NIGHT

The Oklahoma City-County Health Department hosts the fifth Family Fun Night on Thursday, May 21st from 5:30 to 7:30 p.m. at the Northeast Regional Health and Wellness Campus at 2600 NE 63rd in Oklahoma City.

With it being May, we will have the American Red Cross of Central Oklahoma providing pillow case emergency kits, News 9 Meteorologist Justin Rudicel will talk about tornado season and preparing for severe weather.

The Oklahoma City Fire Department will provide fire education and a limited number of free smoke detectors while the OSU Extension will offer healthy cooking demonstration using the free groceries provided by the Junior League. OKC-County Health's Environmental Protection experts will be on hand with information to mosquito protect your property and other topics.

The Metropolitan Library System will be offering free books for reading. SOMNUS Healthcare will have information on sleep wellness. Plus we will have FREE Kona Ice snow cones to the first 100 participants.

Mark it down on the calendar. Thursday, May 21st from 5:30-7:30 p.m.

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

