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NEWS RELEASE

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Time to Get Moving – Open Streets OKC Approaches

Free event in Uptown 23rd & Paseo Districts to promote healthy living and active transportation

Oklahoma City, Okla. – [The Wellness Now Coalition](#) presents the Eighth Annual Open Streets OKC on Sunday, April 8th from noon to 4 p.m., along Northwest 23rd from Robinson to Western and north on Walker to the Paseo District.

This alcohol and tobacco free event is a fun local health and wellness project sponsored by the [Oklahoma City-County Health Department](#), [Oklahoma's Credit Union](#), and the [Substance Use Prevention Alliance](#).

A portion of NW 23rd will close to motorized traffic to encourage active transportation such as biking, walking, skating or dancing which promotes healthier residents. Accenting the fun will be 60 physical activities and 30 local food trucks with healthy choices. Music from the Iheart Stage, located behind the Tower Theater.

We are pet-friendly too. We are seeking more activity exhibitors to promote wellness. Sign up today: www.openstreetsokc.com

Activities include:

Corn Hole - Oklahoma City University
Massive Jump Rope for kids and adults - Latino Development Agency
Bean Bag Toss and Hula Hoops - American Heart Association
Bellydancing mini lessons for all ages - Aalim Bellydance Academy
Find the treat - The Pet Food Pantry of Ok
Worry Stone Activity - CREOKS Behavioral Health
Bikes to ride - Spokies - OKC's Bike Share
Giant Jenga - Oklahoma's Credit Union –
Hitting Station and Bag Toss Station – USA Softball
Making Stress Balls - OCU Kramer School of Nursing
Golf and Tennis Games – The Greens Country club
Soccer Shots at Goals - Soccer Shots NOKC
Basic Health Screenings – OU Health
Maze Game – The Escape
Thumb Art Activity – Oklahoma Institute for Child Advocacy
Balance Tests and Exercises – SouthPointe Rehab and Care
Hopscotch game – Oklahoma City-County Health Women Infant and Children
Spin the wheel activities – Junior League of Oklahoma City

About Oklahoma City-County Health Department

Established in 1954, Oklahoma City-County Health Department (OCCHD) is committed to protecting health, promoting wellness and preventing disease to ensure a healthy future for the Oklahoma County-area

community. OCCHD was one of the first public health departments in the nation to receive accreditation by the Public Health Accreditation Board. For more information, please visit www.occhd.org.