

# TOTAL WELLNESS

## Lose Weight, Live Better!

Join our **FREE** interactive weight loss and chronic disease prevention program



“This program has saved my life. I was at the point of having a heart attack. Now that I have lost 14 pounds and am staying active, I feel much better!”

- *Total Wellness Participant*

### Who should enroll?

Adults (age 18+) who want to:

- Prevent or manage chronic diseases like diabetes and heart disease
- Lose weight



### What will I learn during the Total Wellness classes?

- Healthy eating: more than what's on your plate
- Physical activity: fun ways to move more
- Keys to healthy eating out
- Taking charge of what's around you
- Changing habits: why you are having trouble changing old habits
- Classes are held once weekly all around Oklahoma City-County and online



For More Information Call: 405-425-4422

Email: [totalwellness@occhd.org](mailto:totalwellness@occhd.org) | Go Online: [occhd.org/tw](http://occhd.org/tw)



# TOTAL WELLNESS

Free 8-week weight-loss and healthy living class for adults



405-425-4422

Enroll now!



Register at [occhd.org/lose](https://occhd.org/lose) or scan the QR code.



[totalwellness@occhd.org](mailto:totalwellness@occhd.org)

## Spring 2025 Schedule

### In-Person Classes

#### EDMOND

**Edmond Parks and Recreation Center**  
2733 Marilyn Williams Dr  
Tuesdays: 1:30 – 2:45PM  
April 8 – May 27

#### HARRAH

**Harrah Senior Citizen's Center**  
19791 Summers Ave  
Tuesdays: 10:00 – 11:15AM  
April 15 – June 3

#### MIDWEST CITY

**MWC Neighborhoods in Action Center**  
1124 N Douglas Blvd  
Thursdays: 10:00 – 11:15AM  
April 10 – May 29

#### Midwest City Library

8143 E Reno Ave  
Tuesdays: 5:15 – 6:30PM  
April 15 – June 3

#### NW OKC

**Healthy Living OKC (Age 50+)**  
11501 N Rockwell Ave  
Thursdays: 5:15 – 6:30PM  
April 10 – May 29

#### NE OKC

**Northeast Regional Health and Wellness Campus**  
2600 NE 63rd St  
Wednesdays: 5:15 – 6:30PM  
April 9 – May 28

#### SOUTH OKC

**YMCA Healthy Living Center (Age 50+)**  
13660 S Western Ave  
Thursdays: 10:00 – 11:15AM  
April 17 – June 5

### Online Class

#### WEDNESDAYS

10:00 – 11:15AM  
April 9 – May 28

#### Online participants will need:

- Computer with internet access and speakers
- Smart phone with data internet access
- Scale to weigh self
- Ability to download the Healthie and Zoom smart phone applications



**LOSE WEIGHT,  
LIVE BETTER!**  
Spaces limited.  
Pre-enrollment is required.