



Total Wellness

Program requirements and verification form must be met and submitted to employee wellness by
October 31, 2020

*Caregivers and spouses covered under the INTEGRIS Medical Plan are eligible for the 2020 cash incentive

The Total Wellness program provides FREE interactive weight loss classes for Oklahoma County residents to help prevent diabetes and heart disease. Classes meet one hour every week for eight weeks. All class participants have a goal of losing 5 percent of their body weight and being more active.

Classes are offered four times a year (*typically starting in January, April, July and October*). Daytime and evening classes are available throughout Oklahoma County.

During class you will learn how to:

- Make healthy food choices
- Find time to be more active
- Change unhealthy behaviors
- Lose weight and feel great

The program also provides free health screenings to class participants.

Screenings include:

- Height
- Weight
- Cholesterol
- Blood glucose
- Blood pressure

Program Guidelines:

- Attend 7 out of 8 classes
- Submit verification form upon completion
- Submit certification upon completion

Enrollment:

Space is limited. Pre-enrollment is required.

Call: 405.425.4422

Email: totalwellness@occhd.org

Register Online: <https://www.occhd.org/lose>

2020 Winter Schedule:**NW OKC:**

Will Rogers Senior Center
3501 Pat Murphy Drive
Wednesdays 5:15-6:15 pm
January 15 to March 4

Northwest Library
5600 N.W. 122nd St.
Saturdays 10-11 am
January 21 to March 10

Cole Community Center
4400 N.W. Expressway
Wednesdays 10-11 am
January 22 to March 11

NE OKC:

Northeast Regional Health and Wellness Campus
2600 N.E. 63rd Street
Wednesdays 9 to 10am
January 15 to March 4

Ralph Ellison Library
2000 N.E. 23rd St.
Thursdays 5:15-6:15 m
January 23 to March 12

Midwest City:

Midwest City Library
8143 E. Reno Avenue
Tuesdays 5:15 to 6:15pm
January 21 to March 10

Edmond:

Edmond Recreation Center
2733 Marilyn Williams Drive
Thursdays 10 to 11am
January 16 to March 5

South OKC:

Southern Oaks Learning and Wellness Center
6728 S. Hudson Avenue
Tuesdays 10 to 11am

January 21 to March 10

Bethany:

Bethany Library

6700 N.W. 35th St.

Thursdays 10-11 am

January 23 to March 12

New Online Classes

Wednesday 6-7 pm

January 22 to March 11