



Total Wellness

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

Enrollment:

Space is limited. Pre-enrollment is required.

Call: 405.425.4422

Email: totalwellness@occhd.org

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