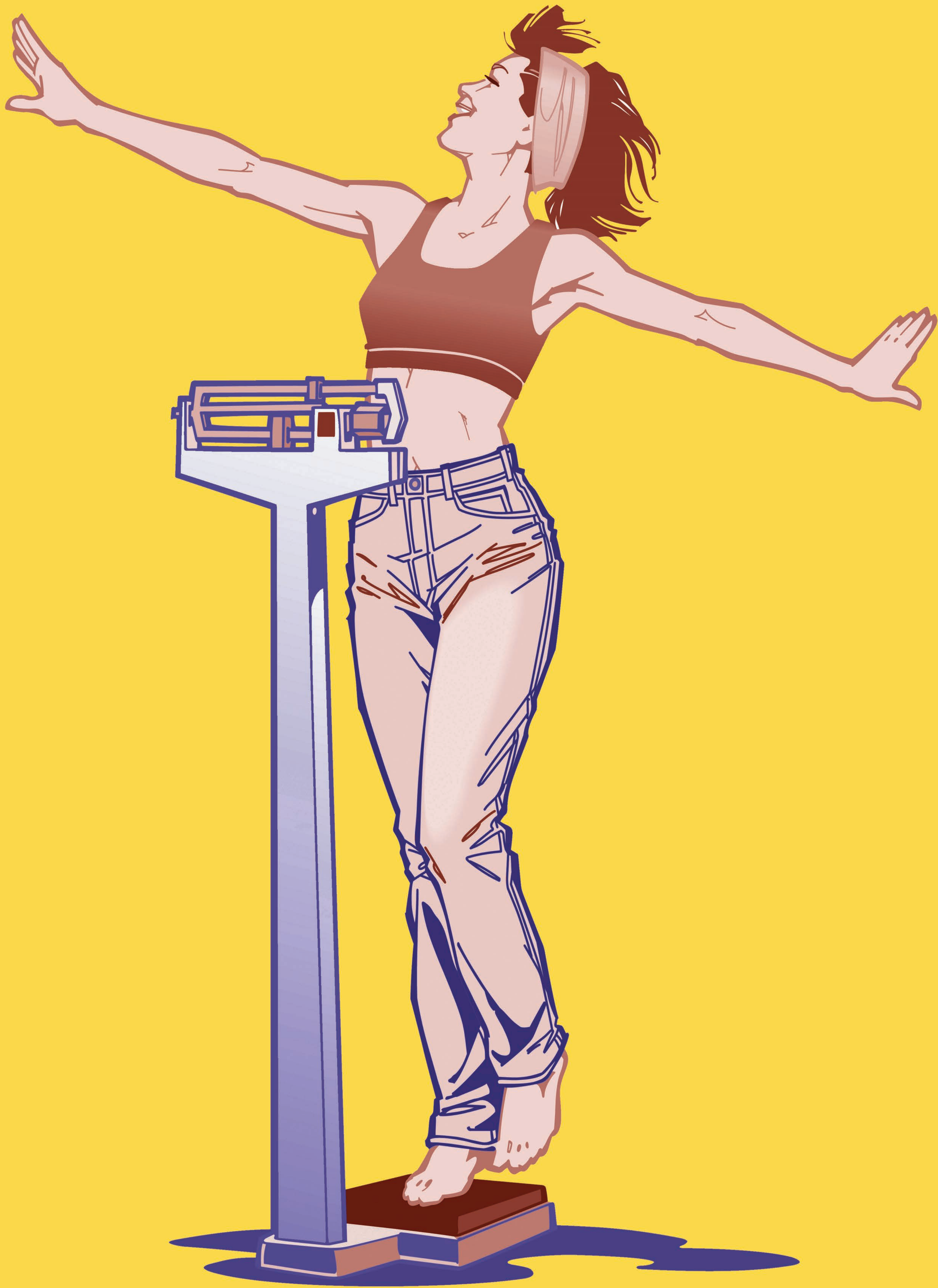


Starting Wednesday, January 25

Total Wellness



Help prevent chronic diseases like diabetes, heart disease, some cancers, and asthma. Learn simple ways to a healthier lifestyle. Free classes meet one hour a week for 12 weeks. The goal of the class is for everyone to lose 5% of their body weight and become more active. Call 405-425-4352 to register for the classes. Class size is limited.

Co-Sponsored by Oklahoma City/County Health Department.



Midwest City Library
8143 E. Reno | 732-4828