

VISIT CHICKASHA

Eat, Shop, Play & Stay!

Nutritional and Health Resources Itinerary

New Year, New You in 2016?

So maybe you're new to resolutions, or maybe you have just decided it's time to really focus on your health this year. Either way, Chickasha has lots of options for you and your lifestyle.

WHAT TO DO?

After you have decided whether to join a local fitness facility or utilize a city park, have determined what equipment or fitness accessories you need, it is time to look at incorporating some healthy nutritional and lifestyle changes.

There are many resources locally available. These include support nutritional groups, lifestyle change groups and resource centers. Resource centers are great to provide non-biased, non-commercial program guides. Many are low cost or no cost to you.

NUTRITIONAL RESOURCES

TOPS (TAKING OFF POUNDS SENSIBLY)

FIRST CHRISTIAN CHURCH (BASEMENT) | 206 KANSAS | CHICKASHA, OK
TOPS.ORG | MONDAY @ 5:30 PM | FEES \$36/NATIONAL DUES + \$1 MONTH

WEIGHT WATCHERS

FIRST BAPTIST CHURCH | 324 W. COLORADO | CHICKASHA, OK
WEIGHTWATCHERS.COM | TUESDAY @ 5:15 PM | FEES VARY.

OSU EXTENSION SERVICE

828 W. CHOCTAW | CHICKASHA, OK | M-F 8:30 AM TO 4:30 PM

ONLINE RESOURCES & PROGRAMS

(INCLUDING LIFESTYLE)

TSET (TOBACCO SETTLEMENT ENDOWMENT TRUST)

WWW.OK.GOV/TSET/

OKLAHOMA GARDENING (GARDEN NOT REQUIRED)

OKLAHOMAGARDENING.OKSTATE.EDU

SEASONAL SHOPPING

CHICKASHA FARMER'S MARKET

1ST SATURDAY IN MAY UNTIL OCTOBER (GROWING SEASON DEPENDENT) 7 AM TO NOON | 7TH & CHOCTAW AVE. |
TUESDAYS 7 AM TO NOON & THURSDAYS 4 PM TO 7 PM.

HEALTH SCREENS

SOUTHERN PLAINS MEDICAL CENTER

WWW.SPMCMED.COM

FIVE OAKS & GRADY MEMORIAL HOSPITAL

WWW.GRADYMEM.ORG

BODY SCANS

EMBODYMENT FITNESS

WWW.EMBODYMENTFITNESS.COM

{GET FIT | BE HEALTHY 2016}