

# 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/](http://WWW.OK.GOV/TSET/)

##### OKLAHOMA GARDENING (GARDEN NOT REQUIRED)

[OKLAHOMAGARDENING.OKSTATE.EDU](http://OKLAHOMAGARDENING.OKSTATE.EDU)

#### SEASONAL SHOPPING

##### CHICKASHA FARMER'S MARKET

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

#### HEALTH SCREENS

##### SOUTHERN PLAINS MEDICAL CENTER

[WWW.SPMCMED.COM](http://WWW.SPMCMED.COM)

##### FIVE OAKS & GRADY MEMORIAL HOSPITAL

[WWW.GRADYMEM.ORG](http://WWW.GRADYMEM.ORG)

#### BODY SCANS

##### EMBODYMENT FITNESS

[WWW.EMBODYMENTFITNESS.COM](http://WWW.EMBODYMENTFITNESS.COM)

{GET FIT | BE HEALTHY 2016}