



Wellness Alliance members Valerie McMurry, Metro Technology Centers, Gaylene Stiles, Mercy Hospital OKC, Chuck Mikkelson, Oklahoma City Running Club, and Tracey Strader, Oklahoma City Community Foundation.

Your Connection to Better Health

In 2014, Community Foundation Trustees acknowledged healthy lifestyle behaviors as one area where we could make the greatest impact throughout our community. By convening 50-plus multi-sector organizations through the Central Oklahoma Wellness Alliance, we are now identifying opportunities to collaborate, leverage resources and expand the reach and impact of existing wellness programs – ultimately creating a healthier community!

Interested in creating or promoting a healthy lifestyle? Find an easy-to-navigate database of free or low-cost physical activities, venues or organizations in central Oklahoma at GetMovingOKC.org.



OKLAHOMA CITY COMMUNITY FOUNDATION
Your Connection for Good