

## Healthy Living OKC

### **Bio:**

Healthy Living OKC (HLOKC) is a 501(c)3 non-profit organization that provides a facility and programming that will improve the physical and emotional wellness of adults age 50 and over with programs that help connect and provide a community through social wellness activities and initiatives, access to professional and recreational physical fitness activities, and education and support on current adult related issues.

We are very proud to offer Give 5. Give 5 is a no-cost "civic matchmaking" program that connects soon-to-be retirees and retirees with meaningful volunteer opportunities that best fit their skill sets and passions. Participants learn about the most challenging problems facing their communities and uncover ways they can help make a difference.

Our facilities provide group and individual fitness with access to an indoor swimming pool, art & cooking classes, sports, educational seminars, social events, and more. For more information see our website <https://www.healthylivingokc.com/>

### **Intro:**

Healthy Living OKC is an engaging environment where you can connect with others, stay active, and explore new interests. Whether you are looking to improve your fitness or unleash your creativity, Healthy Living OKC has something for everyone.

### **Spot:**

Are you 50 or older and looking to connect with other people your age and enhance your wellness? Welcome to Healthy Living OKC, in North Oklahoma City! We are a nonprofit organization that offers a vibrant community with memberships that include group fitness, art & cooking classes, sports, educational seminars, social events, and more. Join us to connect, learn, and thrive. Contact us today to see if you qualify for a reduced membership fee. Silver Sneakers members are welcomed. Learn more on The Ministry Partners page at [TheHouseFM.com](http://TheHouseFM.com).

HEALTHY  
**LIVING** OKC