

## **Healthy Choices Grant**

Southern Nazarene University received a faith based grant from Central Oklahoma Turning Point under the Oklahoma County Health Department. The grant, Healthy Choices, is an active effort to provide a health/wellness seminar and summer activity/exercise opportunities for the community.

A health symposium was held in May in the Bethany Elementary School cafeteria. The symposium offered classes for both adults and children interested in healthy lifestyles. The evening program emphasized seven breakout sessions on contemporary health issues. Participants selected classes of interest that included healthy snacks, fitness activities, water safety, tobacco dangers, aerobic exercise class, safety education, and drug trends: what every parent needs to know.

Registration was open for summer enrollment in water aerobics, lap swimming, pedometer walking program, and aerobic classes. The health forum and all activity classes were free to the public.