

SWOSU Hosts Walking for Wellness

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Prize drawing winners at the recent Walking for Wellness Program event held at the SWOSU Wellness Center were (from left): Betty Ann Klaassen, Nathan Fast, Mike Brown, Debbie Brown, Terri Hoch, Fay Jackson and Marci Grant.

Southwestern Oklahoma State University was the recent host for the monthly meeting of the Walking for Wellness Program in Weatherford.

Prize winners at the event were: Debbie Brown (SWOSU t-shirt), Mike Brown (SWOSU cap), Nathan Fast (SWOSU t-shirt), Marci Grant (bag of SWOSU goodies), Terri Hoch (SWOSU t-shirt), Fay Jackson (SWOSU water bottle), and Betty Ann Klaassen (SWOSU water bottle).

The next Walking for Wellness event is Tuesday, March 4, at 6:30 p.m. at the Weatherford Regional Hospital Rehabilitation Clinic, located at 513 East Franklin (one block west of the old hospital).

Speakers for the program on "Strength Training, Injuries and Prevention" will be Michelle Hoffman, physical therapist, and Jy Bass, physical therapy assistant. A prize drawing will be held after the program. This event is free and everyone is welcome to attend.

For more information about the walking program, please visit the website (www.cityofweatherford.com), contact the City of Weatherford Parks and Recreation Department 580.774.2450 or City Hall, 522 W. Rainey, Weatherford) or email walkinginfo@swosu.edu.