

## City of Hugo, Choctaw County, Oklahoma

### Choctaw County Coalition - Get Moving Choctaw County

Date: May 1, 2014—May 8, 2014

Time: All Day

Address: Hugo, OK 74743

#### Thursday, May 1

May 1st - 7th has been declared "Oklahoma Physical Education and Sports Week" by Governor Mary Fallin. The Choctaw County Coalition would like to celebrate this week by having our very own "Get Moving Choctaw County". Members of the Coalition have teamed together to bring you activities to participate in throughout the week. Please try to participate in as many as you can!

#### SCHEDULE OF EVENTS

Thursday May 1st

**9:00 a.m.** - 1 mile walk with the Smart Start Program (*Elephant Walk Walking Trail*)

**10:00 a.m.** - Choctaw Nation Wellness Center program showcase (*Choctaw County Library*)

Friday May 2nd

**9:00 a.m.** - 1 mile walk with the Smart Start Program (*Elephant Walk Walking Trail*)

**10:00 a.m.** - Choctaw Memorial Hospital presents "Tai Chi" (*Choctaw County Library*)

Monday May 5th

**9:00 a.m.** - 1 mile walk with the Smart Start Program (*Elephant Walk Walking Trail*)

**10:00 a.m.** - OSU Extension presents "Get Moving with Arthritis" (*Choctaw County Library*)

**4:00 p.m.** - Diabetes Support Group (*Choctaw County Library*)

Tuesday May 6th

**9:00 a.m.** - 1 mile walk with the Smart Start Program (*Elephant Walk Walking Trail*)

**10:00 a.m.** - Oklahoma Health Department presents "Rethink your Drink!" (*Choctaw County Library*)

Wednesday May 7th

**9:00 a.m.** - 1 mile walk with the Smart Start Program (*Elephant Walk Walking Trail*)

**10:00 a.m.** - Little Dixie Project CORE - Sweatin' to the Oldies - It's BACK! (*Choctaw County Library*)

**2:00 p.m.** - Walk and Move with YAB (*Elephant Walk Walking Trail*)



**Choctaw County Coalition**

**June 7, 2014**

