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AVA & OK DHS JCCHAT Employee Wellness Seminar

By [Meegan Mackay](#) | 2014-10-01T18:51:28+00:00September 26th, 2014

The Oklahoma State Department of Health and Jackson County Community Health Action Team “Shape Your Future” Program hosted an Employee Wellness Seminar on Friday, Sept. 26th, 2014 at the Southwest Technology Center in Altus, OK. AVA gave a presentation on Health and Well-Being, “Top Tips” to stay fit while at work.