

Murray County Turning Point

Murray County

2008

Coalition Priorities:

1. Increase Partnerships with organizations to improve the effectiveness of coalition
2. Community Involvement

About Us...

Sulphur- people in Sulphur are invited to take back their lives and their health! In April of 2008, a local group of organizations joined forces to form a Turning Point Coalition. The local organizations that have joined forces with The Turning Point Coalition are the Main Street Organization, Arbuckle Memorial Hospital, Murray County Health Department, Chickasaw National Recreation Area, Lifestyle Center of America, and the City of Sulphur. This Turning Point Coalition has encouraged its citizens to become more involved in their community. The Coalition is focused on helping the community become more aware of its environment, and to also educate and promote good eating habits, daily exercise, and to help the community become healthier. The Walk this Weigh event kick off was a great event to get the community involved and to introduce them to the walking trail through the side walks of downtown Sulphur. The sidewalks are providing a flat surface to walk on that will also be lit from 5 to 10 PM every evening. The main street organization has also provided satellite radio to be played during the evenings for the walkers. The coalition has also put up educational signs along the downtown walking trail to encourage and promote healthy living.

Davis- The community of Davis is having its first community meeting to form a Turning Point Coalition October 1st, 2008. There are very many community members in Davis that are very excited about forming this coalition. Stay tuned to Davis for up coming events held by the Davis Turning Point Coalition.

Partners:

	City of Sulphur
Main Street Organization	City of Davis
Arbuckle Memorial Hospital	Davis Police
Murray County Health Dept.	Sulphur Public Schools
Chickasaw National Recreation Area	Davis Public Schools
Lifestyle Center of America	Area Prevention Resource Center

Key Activities:

- Walk this Weigh-Sulphur
- Healthy Living Classes
 - ⇒ Diabetes Prevention
 - ⇒ Portion Distortion
 - ⇒ Strong & Healthy Okla.
 - ⇒ Heart Health

Significant Outcomes:

- ◆ Community participation
- ◆ Creating a Health & Safe environment
- ◆ Promoting Wellness,
- ◆ Promotion of Downtown Sulphur
- ◆ Education of Nutrition, Physical Activity
- ◆ Safe place for community members to walk
- ◆ Community Building
- ◆ Providing Resources to the community

