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A.M. UPDATE: Wellness forum to help Muskogee residents

The Muskogee Turning Point Coalition, City of Muskogee, Care ATC and the Muskogee County Health Department are encouraging businesses, churches, civic organizations and schools to send representatives to the Muskogee Wellness Initiative Forum, from 3-5 p.m. Thursday at the Muskogee Civic Center. This forum will provide participants with information on the current state of Muskogee residents' health and opportunities to develop strategies for improving the health of all citizens.

Mayor John Tyler Hammons will open the forum as the kickoff to the Mayor's Initiative on Wellness. Dr. James Baker, Care ATC, will provide an overview of the current state of Muskogee health. Breakout sessions on nutrition, fitness and tobacco will focus on developing plans and strategies for promoting eat better, move more and being tobacco free. The forum is free and open to all Muskogee residents. Information, call Jane Jones at 683-0321.