

Hello,

Thank you for joining us at our quarterly Adults/Older Adults Subcommittee meeting for the Oklahoma State Obesity Plan.

Here is a recap of the meeting:

Spotlight Speaker:

Mitch Drummond – Director of Activate Oklahoma

- [Activate Oklahoma](#) – Breaking Barriers to a Healthy Lifestyle
 - Helping Oklahomans remove barriers to a healthy lifestyle. Their mission is to: “is to improve physical, mental, and emotional health through inclusive, family friendly, and supportive opportunities that develop and maintain healthy fitness habits.”
 - They provide information, connections, training, and help create events to benefit Tulsans be more active and help create new habits toward a healthy lifestyle.
 - Events and programs are held at a low cost to help create healthy behaviors.
 - Breaking Barriers Training Programs:
 - Breaking Barriers with Lindsay House at Osage Prairie Trail
 - April through mid-July (Every Tuesday & Thursday 6 pm -7 pm)
 - 1607 N. Hartford Ave
 - Breaking Barriers for Veterans at Ernest Childers VA Outpatients Clinic
 - Every Monday at 1 pm (VA Earnest Childers health Care Center)
 - Every Wednesday at 6:30 pm (VFW Post 577)
 - Please take a quick survey to help Activate Oklahoma keep improving their work: [Activate Oklahoma: survey](#); Every survey that is completed will be entered into a monthly raffle of \$50.

Update on Adults Objectives:

- Accomplished: 5
- In progress: 7
- Not started: 4
- (Please visit our [Action Plan Progress Tracker](#))

Announcements:

- No announcements for this month.

Thank you all again so much, and we will see you on Wednesday, July 15 at 1 PM.

You can find the State Obesity Plan goals and objectives, [action plan progress tracker](#), previous meeting minutes, and other relevant information on [our dashboard](#).