

# Fit Kids of SWOK



## Lawton/Ft. Sill Open Streets

Come experience the streets of Lawton in a whole new way! Open Streets closes normal traffic lanes to cars and opens them up to people for walking, biking, and skating. This year's Open Streets Event will be held on Saturday, October

28th from 11am to 3pm in downtown Lawton on Avenue C. The first ever Lawton Fort Sill Open Streets Event was held on June 6, 2015 and had approximately 3,500 people in attendance. Each year the event has grown with the last

one having approximately 5,000 people attending.

Open Streets also includes elements of recreation, play, shopping, and eating in the downtown area. Please plan on attending this bi-annual event so that it may continue to grow and gain support. **Register by October 6th:**

<http://tinyurl.com/yc5m2dcd>

**Facebook:** Open Streets Lawton Fort Sill

The event will be fall/harvest themed. You are encouraged to wear your favorite costume and have a blast!!



## Spirit of Survival

After eleven successful years, the Spirit of Survival has become one of the largest tourism attractions in Lawton drawing visitors to our community and funding cancer research. The SOS supports those with cancer and their families in three Cancer Center locations throughout Southwest Oklahoma! This year's Spirit of Survival will be

held on Saturday, October 1st at Elmer Thomas Park.

Those who participate in the Spirit of Survival have the choice of competing in the half marathon, quarter marathon or the 1m Kid's Marathon and .04m Spirit Walk. Brand new this year, the SOS event will include a 14, 26, 51 & 64 Mile Bike Ride that will take place on Friday, Septem-

ber 30th. More information about the race

can be found online at [spiritofsurvival.com](http://spiritofsurvival.com)



## Fit Kids of SWOK

[fitkidsofswok@gmail.com](mailto:fitkidsofswok@gmail.com)

**Chairman:** Dr. Ben Cooper,  
[cooperb@ccmhonline.com](mailto:cooperb@ccmhonline.com)

**Facilitator:** Ashley Green,  
[ashleyg@health.ok.gov](mailto:ashleyg@health.ok.gov)

**Facilitator:** Taylor Thompson,  
[taylor\\_t@health.ok.gov](mailto:taylor_t@health.ok.gov)

*We are on the web*  
[Fitkidsofswok.org](http://Fitkidsofswok.org)

*"Creating an Active and Healthy Community!"*

### Monthly Meeting

Every 4th Wednesday, 12pm-1pm  
CCMH, Oakwood 1&2

## October Events

- 10-1 Spirit of Survival
- 10-5 3 Mile Thursday
- 10-7 Medicine Park Art and Walk and Flute Festival
- 10-11 Comanche County Community Baby Shower
- 10-14 Lawton Walk for Freedom 2017
- 10-19 3rd Thursday 3 Mile
- 10-28 Open Streets Lawton-Fort Sill
- 10-28 Harvest Festival & 4-H Pumpkin Show
- 10-28 Domestic Violence Awareness Walk
- Sat: Family Friendly Hikes 9am
- Wildflower Walks 10am
- Mountain Bike Club Rides 9am

## More anti-tobacco work is needed!

# TOBACCO STOPS WITH ME.

More than half of all smokers die from **smoking-related illnesses**. To guarantee continued profits, the tobacco industry must seek out "replacement smokers". Exactly who are these "replacement smokers"? Our children. 9 out of 10 tobacco users start by age 18. To instill a life-long addiction, the tobacco industry invests heavily on marketing tobacco to kids.

Every year in Oklahoma, Big Tobacco spends \$169 million advertising their products. They've adopted modern methods of reaching younger audiences through social media, concert promotions, event sponsorships and

more. However, tobacco packaging remains their most effective tactic.

The power of seductive packaging is especially evident when you directly compare tobacco products to candy and gum. Side by side, they can be difficult to tell apart.



Both products use bright colors, shiny packaging and boast fruity flavors to appeal to the youthful eye.

Big Tobacco purposefully and shamelessly designs their packaging to confuse and entice kids, preying upon their youthful curiosity and impressionable nature.

The more we understand about how tobacco companies recruit kids, the better prepared we'll be to fight back. To learn more about Big Tobacco's deceitful marketing to kids, visit [stopswithme.com](http://stopswithme.com).