

Fit Kids of SWOK



Lawton Fort Sill Open Streets: June 2nd

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, June

2nd, from 10am to 2pm 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.



Facebook: Open Streets Lawton Fort Sill

Men's Health Month

Around the world people are celebrating June as Men's Health Month. Men's Health Month is built on the pillars of Awareness - Prevention - Education - Family. Men's Health Month is credited with the increase in wellness activities for boys and men in all areas of the public and private sectors, resulting in better health outcomes and longer life

expectancy. During this time, health care professionals, private corporations, faith-based organizations, government agencies, and other interested groups plan activities that focus on the health and well-being of boys, men, and their families. Compared to similarly aged women, men are less likely to have a regular doctor and health insurance and

are more likely to put off routine checkups or delay seeing a health provider after experiencing symptoms. This month is a reminder to talk to health professionals and to learn about important screenings that assist with finding conditions before

they get worse.

Free resources are available in both English and Spanish at www.MensHealthMonth.com.



Fit Kids of SWOK

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Facilitator: Taylor Thompson,
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We are on the web
Fitkidsofswok.org

"Creating an Active and Healthy Community!"

June Monthly Meeting

June 21st 12pm-1pm
CCMH, Oakwood Conference Rooms 1&2

June Events

- 6-2 Lawton Fort Sill Open Streets
- 6-7 3 Mile Thursday
- 6-21 3rd Thursday 3 Mile
- Sat: Family Friendly Hikes 9am
Wildflower Walks 10am
Mountain Bike Club Rides 9am

More anti-tobacco work is needed!

TOBACCO STOPS WITH ME.

It is terrific news for Oklahoma's kids and health that the Legislature has approved – a \$1 per pack increase in the state cigarette tax. The cigarette tax increase is a health win that will reduce smoking and save lives.

The evidence is clear that raising the price of cigarettes is one of the most effective ways to reduce smoking, especially among kids.

The \$1 cigarette tax increase is projected to:

- Prevent 17,300 Oklahoma kids from becoming smokers
- Spur 18,700 current adult smokers

to quit

- Save 10,200 Oklahomans from premature, smoking-caused deaths
- Save \$767 million in future health care costs.

While Oklahoma has made great progress, tobacco use still claims

7,500 lives and costs the state more than \$1.6 billion in health care bills each year. In Oklahoma, 14.6 percent of high school students and 19.6 percent of adults still smoke. By increasing the cigarette tax and continuing to invest in tobacco prevention and cessation programs, Oklahoma can accelerate progress in reducing tobacco use and improve the state's health for generations to come.

