



Oklahoma City residents participate in the free INTEGRIS FitClub program.
Photo by Brandon Snider

“Alone we can do so little, together we can do so much.”

Helen Keller

The key to overcoming most any challenge is to work together. From collaborating with community partners to create a culture of wellness to improving our personal health, our goals are more attainable with the support of others.

Thanks to grants from our Wellness Initiative, INTEGRIS is inspiring a team approach to wellness throughout our community. The INTEGRIS Community Wellness FitClub program offers free group fitness training and health education classes at various locations across Oklahoma City. Together, we are making healthy lifestyle choices more accessible for community residents.

