

COWBOY FIT

Community Wellness Newsletter

SELF DEFENSE AND MORE!

A 12 week Self Defense and More class taught by instructors Emmanuel Rivera and Carl Belford, from The Come Up Martial Arts for Youth. Participants will learn skills and knowledge to protect themselves in various situations, empowering and equipping each individual with tools they can use.

Emmanuel "El Punisher" Rivera, is a professional MMA Fighter and dance instructor with over 13 years of experience in the industry.

Carl Belford, is a state, national and world wrestling champion, who coaches collegiate wrestling and MMA.

Self Defense and More will be held every Tuesday starting March 5th through May 31st, from 12:10-1pm in the Wellness Center. Participants do not need to come consecutively, but participants will get the most if they do.



GRAND OPENING OF COWBOY FIT WALKING TRACK!

Join us for the grand opening of the newly renovated OSU-OKC walking track!

Refreshments and snacks will be provided.



Celebrate National Walking Day at OSU-OKC!

April 3, 2024
3:00pm-4:00pm

900 North Portland Ave,
Oklahoma City, OK 73107

AD Building, 1st fl- Wellness Center
Outside- North Loop

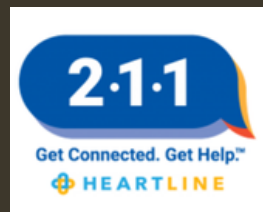
for more info,
contact phung.yip@okstate.edu

Wellness Center classes and other offerings:

Monday/Wednesday @12:10pm:
Cardio Pound

Every Tuesday:
12 week Self Defense @ 12:10pm

Free 1 month membership at the Wellness Center for New Community Residents!
Email phung.yip@okstate.edu for more information



WHAT'S COOKIN' IN PETE'S PAN? SLOW-COOKER CORNED BEEF AND CABBAGE

Ingredients

- 10 baby red potatoes, quartered
- 4 large carrots, peeled and cut into matchstick pieces
- 1 onion, peeled and cut into bite-sized pieces
- 4 cups water
- 1 (4 pound) corned beef brisket with spice packet
- 6 ounces beer
- ½ head cabbage, coarsely chopped

Directions

1. Place potatoes, carrots, and onion into the bottom of a slow cooker; add water and place brisket on top of vegetables. Pour beer over brisket; sprinkle over spices from the packet and cover.
2. Cook on High for 7 hours; stir in the cabbage and cook for 1 more hour.



Happy
St. Patrick's
Day

OSU-OKC

Wellness Center

Administration Building, 1st Floor

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Oklahoma City, OK 73107

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Email: okc.wellness@okstate.edu

<https://osuokc.edu/wellness>



Hours of Operation

Monday- Thursday
8 a.m.-5 p.m.

Friday

9a.m-3p.m

Saturday-Sunday
Closed



Hours are subject to change
during interim periods.