



## OSU-OKC Fitness Walk with City Views

**View #1** Start at the student center 3<sup>rd</sup> floor. Look south through open windows to see stockyards city and south OKC

Walk down spiral stairs to the 2<sup>nd</sup> floor of the student center and follow the hallway past the business office and down the stairs to exit the administration building towards the pond.

Make one loop around the walking path returning back to the wellness center.

Break away north along the wellness center following the sidewalk along the science building (SB) toward the parking garage.

**View #2** Once you arrive at the parking garage walk the stairs up to the top floor. When you have reached the top floor walk to the east side of the garage to see a beautiful view of downtown OKC.

Walk back down the stairs of the parking garage and walk straight out of the garage to your south towards the Learning Resource Center (LRC). Enter the LRC and travel to the 3<sup>rd</sup> floor of the library.

**View #3** at the 3<sup>rd</sup> floor of the library visit the atrium to see a view of the south side of OKC and downtown. Don't forget to take a break and enjoy a book while in the library. Exit the library and LRC and head south on the sidewalk back towards the student center. When you arrive in the student center you have completed your tour.

–Courtesy of Ross Duren, OSU-OKC Health and Wellness Counselor



## Need Extra Support, but don't know who to call?

988 is a direct, three-digit lifeline that connects you with trained behavioral health professionals that can get all Oklahomans the help they need.



211- Dial 211 statewide or visit [heartlineoklahoma.org](http://heartlineoklahoma.org) to be connected with a professional who can direct you to a variety of resources you may need. Examples of resources 211 can connect you to include, mental health, crisis, rent, food, clothing, legal assistance, and education to name a few.

**Nature Nurtures- Spending time outdoor improves family mental health**  
<https://www.metrofamilymagazine.com/nature-nurtures/>

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## August Wellness Center classes and other offerings

Monday/Wednesday @12:10pm: Cardio Pound

Tuesday/Thursday (August 2,4,16,18,30) @12:10pm:

**FREE Zoom** Chair Yoga:

<https://osuokc.zoom.us/j/95392662322?pwd=bWZRbWFRRXFacGx6cXEyNFBIUGVEZz09>

Meeting ID: 953 9266 2322

Passcode: 880958

**FREE Zoom** Learn at Lunch with Ross (August 9<sup>th</sup> at 2pm): Mental Health Awareness Support and Education: <https://osuokc.zoom.us/j/94889569410?pwd=V2ErZzVuWkJ4cVVFc1lmUU84R205dz09>

Meeting ID: 948 8956 9410

Passcode: 932569

Community members: We are offering a free 1 month trial membership to OSU-OKC Wellness Center as well. (New inquiries only). Please contact [Kevin.Galloway@okstate.edu](mailto:Kevin.Galloway@okstate.edu), or 405-945-8652 for more information.

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## Crossword Puzzle

# Healthy Foods

S I B Y F U S Z R V X H G O Q S Z K E R E S V O  
N E G H X R C F I B L I S P P Q H V O B V C O I  
K U U H C Z X Y Y C A D E S E E H C U F R U I T  
A K V W P Z F G Q L I N Y W K O I K Y G P E O C  
U H N E Z H O H K G R L A B L U E B E R R I E S  
N S S Y F D P B S S D C Y N O K N B Y S L I L K  
V E T T A E M A E A X G Q G A U P M R P H Z N F  
O R K U O F D U P U G X K D R L W F I E C J K N  
X E V C N R F Z Q P G H A E S A A A G L A W O W  
Y S D G I A R L L Y L T W N S W N R A S K D L K  
A A T O C H E A W Q Y E E E H A A O M C K T R Q  
Z B A R B S C P C T C E O U A X H H L F E B W K  
M J X J A K J Q W J R T S O Z L V Y Y A H K A L  
T P E F T W Z M O G A E A E Q Q M H M T A S T H  
R S U R I I B Y N M K Z G P P R D O C Q X Z E W  
P E S U B L E E O Z V S D G R A G K N R I Q R N  
Y O A G V O M T R G W X N T S O R E N D A G M G  
D T L W G C H B Y R R V V I R W T G G U S S E I  
U A A C I C O S R X I Z B W A U E E V N J P L N  
O T D L F O D M I W S E A L L R G V I C A O O A  
S O H W G R W M A Z Z T S G K V G O O N Z R N E  
Y P G O W B O A D P E Q K W X L V W Y D Z K O N  
P E J A Q W S A H R D C H E R R I E S Z Z V L G  
R B L S T I D O N H Z A J N D I W S N N F I S H

fish    peanuts    almonds    chicken    eggs    greens    orange  
blueberries    banana    apple    broccoli    protein    fruit    dairy  
watermelon    cherries    strawberries    grapes    salad    tomatoes  
potatoes    granola    yogurt    grains    meat    bread    water  
carrots    cheese    milk

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## WHAT'S COOKIN' IN PETE'S PAN? Quick Chicken Piccata

### Ingredients:

¼ cup all purpose flour  
½ teaspoon salt  
½ teaspoon pepper  
4 boneless skinless chicken breast halves (4 oz each)  
¼ cup butter cubed  
¼ cup wine or chicken broth  
1 tablespoon lemon juice  
Mince fresh parsley, optional



### Directions:

1. In a shallow bowl, mix flour, salt and pepper. Pound chicken breasts with a meat mallet to 1/2-in. thickness. Dip chicken in flour mixture to coat both sides; shake off excess.
2. In a large skillet, heat butter over medium heat. Brown chicken on both sides. Add wine; bring to a boil. Reduce heat; simmer, uncovered, until chicken is no longer pink, 12-15 minutes. Drizzle with lemon juice. If desired, sprinkle with parsley.

For more information: <https://osuokc.edu/wellness/community-wellness>

Summer Wellness Center hours until 8/5

Mon/Tue: 8-6pm  
Wed/Thurs: 8-5pm  
Friday: 9-1pm  
Sat/Sun: Closed

## CONTACT

OSU-OKC  
Wellness Center  
Administration Building, First Floor  
900 N. Portland Ave.  
Oklahoma City, OK 73107  
405-945-8642  
<https://osuokc.edu/wellness>  
[okc.wellness@okstate.edu](mailto:okc.wellness@okstate.edu)



## Hours of Operation

### Monday-Thursday

8 a.m.-6 p.m.

### Friday

9 a.m.-3 p.m.

### Saturday-Sunday

Closed

*Hours are subject to change  
during interim periods.*



OKLAHOMA CITY

