

WARRIOR WELLNESS EVENTS

FOR THE MONTH OF JULY

Stay active, learn something new and spend time with fellow veterans this July. From fitness classes and Brazilian jiu-jitsu to coffee group gatherings, Warrior Wellness offers opportunities to support your health and connect with other veterans.

DURANT VETERANS COFFEE GROUP

- ◆ Enjoy coffee and conversation while connecting with fellow veterans.
- ◆ July 7 and July 21 | 10:00 AM - Noon
- ◆ Choctaw Cultural Center, 1919 Hina Hanta Wy, Suite A, Calera, OK 74730

MCALESTER VETERANS COFFEE GROUP

- ◆ Start the day with coffee and fellowship alongside fellow veterans.
- ◆ July 7 and July 21 | 9:00 AM - 10:00 AM
- ◆ Angel's Diner, 1402 S. George Nigh Expressway, McAlester, OK 74501

WILBURTON VETERANS COFFEE GROUP

- ◆ Gather with fellow veterans for coffee and conversation.
- ◆ July 16 | 10:00 AM
- ◆ Wilburton Community Center, 516 Center Point Road, Wilburton, OK 74578

WOMEN VETERANS GROUP

- ◆ Women veterans are invited to spend the lunch hour connecting with fellow veterans.
- ◆ July 16 | 11:00 AM - 1:00 PM
- ◆ Wind Horse, 604 S. Second St., McAlester, OK 74501

FUNCTIONAL BODY BUILDING GROUPS - IN BOTH MCALESTER AND DURANT

- ◆ Looking for a new way to stay active? Join Warrior Wellness for functional fitness classes designed for Native American veterans.
- ◆ Mondays, Wednesdays and Fridays | 11:00 AM - Noon
- ◆ McAlester Wellness Center, 3286 Afullotha Hina, McAlester, OK 74501
- ◆ Durant Wellness Center, 2750 Big Lots Blvd., Durant, OK 74701

VETERAN BRAZILIAN JIU-JITSU CLASSES

- ◆ Veterans of all skill levels are invited to learn Brazilian jiu-jitsu and train together.
- ◆ Thursdays | Noon
- ◆ Kingdom Grappling, 724 W. Texas St., Durant, OK 74701

