



OKHealth is the state wellness program that serves more than 34,000 State of Oklahoma employees. The program focuses on promoting healthy lifestyles and teaching the role healthy lifestyles play in controlling chronic diseases such as diabetes and heart disease. OKHealth sponsors the following programs and events:

The Coaches



Susan Robinson
Ed.D., CHES, Health Promotion
Susan.Robinson@omes.ok.gov



Cassandra Bachrach
M.S. Health Promotion
Cassandra.Bachrach@omes.ok.gov



OKHealth
(405) 522-1190 ext.3
wellnessgroup@omes.ok.gov



Wellness
for 34,000
state government
employees
of Oklahoma