



*myriad botanical*  
GARDENS

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**Myriad Gardens Announces New Health & Wellness Initiative “Myriad Life”  
Thanks to Oklahoma City Community Foundation Grant  
Program to kick off with Pop-Up Expo, Saturday, July 9, 10am-2pm**

Oklahoma City, OK -- The Oklahoma City Community Foundation awarded the Myriad Gardens with a \$30,000 grant for a new health and wellness program called “Myriad Life” that will provide opportunities for Oklahoma City residents to participate in daily exercise, balanced nutrition and an overall healthy lifestyle.

Myriad Life is a 12-week wellness program with an optional certificate component that can help track participants’ progress. Participants will receive a certificate if they attend 15 wellness classes in the 12-week period with a chance to win 1st, 2nd or 3rd prize. While the Gardens is offering many wellness programs this quarter, look for the certificate logo to know which classes will count towards the certificate on the Myriad Gardens printed calendars, website and through social media. We encourage members of the community to complete the certificate program or just drop-in on any of the wellness classes and events going on.

The wellness program will include three categories:

- Food—healthy cooking and edible gardening classes
- Fitness—yoga, zumba, walking club, paddle boarding
- Frame of Mind—mindfulness and meditation, gardening classes

Myriad Life ties in with a new Oklahoma initiative “OK 5210.” This program encourages that each day includes: 5 fruits and vegetables; 2 or less hours of screen time; 1 hour of physical fitness; and 0 sugary drinks.

On July 9th the Myriad Life Wellness Program will kick off with a POP-UP Health & Wellness Interactive Expo where you can learn more about Myriad Life. Enjoy healthy food tastings, try your hand at zumba, paddle boarding, or dancing, and discover the benefits of practicing mindfulness.

**More --**

## POP-UP Health & Wellness Interactive Expo

- Saturday, July 9, 10am – 2pm
- Great Lawn
- FREE
- All ages welcome

### 2016 Wellness Expo Agenda:

#### Stage 1: Bandshell

10am—Welcome

10:30am--Zumba Demonstration

11:30am—Yoga Demonstration

12:45pm—Dancing Demonstration

#### Stage 2: West side of the Great Lawn

11am—Mediation Demonstration

11:45—Walking Tour Meet-Up

12:00pm—Cooking Demonstration

12:45pm—Walking Tour Meet-Up

1:15pm—Alternatives to Soda Demonstration

#### Lake:

10am – 2pm—Paddle Boarding

Thanks to the Oklahoma City Community Foundation for awarding us with a Wellness Initiative Grant and making the Myriad Life Wellness Program possible. During this program we are excited to partner with the Latino Community Development Agency, Metro Tech, The OKC Boathouse Foundation, DZP Productions, and Stephenson Cancer Center.

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The **Myriad Botanical Gardens** is one of Oklahoma City's most beloved public spaces, offering its visitors a 15 acre natural escape in the very heart of downtown. A half-acre children's garden, an off-leash dog park, restaurant space, splash fountains, and paths for walking and jogging provide guests young and old with a place to seek solitude with nature, or seek community and the company of others. Additionally, the Myriad Gardens offers a variety of horticultural education programs for adults and children.

The **Crystal Bridge Tropical Conservatory's** unique design has earned attention and praise in the architectural community. It is 224 feet long, 70 feet in diameter, and is covered by 3,028 sections of translucent, double-layered acrylic panels. The Conservatory includes 13,000 square feet of plant display area in two distinct climates: the Tropical Wet Zone, which is at the south end and is watered daily; and the Tropical Dry Zone at the north end which receives water from April through September, followed by drought from November through March. Some 2,000 varieties of plants and a 35-foot waterfall round out the spectacular features of the Conservatory.

For more information or to register for events or programs, call (405) 445-7080. Visit [www.myriadgardens.org](http://www.myriadgardens.org) for more information.

