



Thrive's mission is to empower State of Oklahoma employees to improve and enhance their well-being.



Susan Robinson, Ed. D
Health and Wellness Coordinator

Susan has been with the state since 2006 and has seen the wellness program go through several evolutionary phases. She ultimately aims to help build the healthiest workforce in the nation.



Ryan Hulcy
Health and Wellness Assistant

Ryan has 15 years of personal training and nutrition experience, with a degree in Exercise and Sport Sciences. He ultimately aims to leverage his background to provide supportive, sustainable fitness practices that improve clients' quality of life.



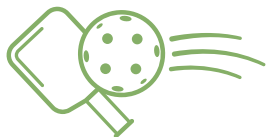
 [Request Thrive services through ServiceNow](#)

 oklahoma.gov/thrive

RECREATIONAL LEAGUES

All leagues are open to full-time, part-time, temporary and seasonal employees, as well as their friends and family. There is a limit of three friends and family members per team for basketball. Listed prices are approximate, and days and times are subject to change.

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Pickleball – Moore/Norman

Earlywine Park YMCA 11801 S. May Ave., Oklahoma City, OK 73170	
Wednesdays, 6:30-8:30 p.m.	\$45 per person.
Session 1:	Feb. 18-March 25
Session 2:	April 15-May 20
Session 3:	July 22-Aug. 26
Session 4:	Sept. 16-Oct. 21

Pickleball – Oklahoma City

Santa Fe Family Life Center 6300 N. Santa Fe Ave., Oklahoma City, OK 73118	
Mondays, 6-8 p.m.	\$31.25 per person.
Session 1:	Feb. 16-March 23
Session 2:	April 13-May 18
Session 3:	July 20-Aug. 24
Session 4:	Sept. 14-Oct. 19

Pickleball – Tulsa

Reed Park Community Center 4233 S. Yukon Ave., Tulsa, OK 74107		
Tuesdays, 6-8 p.m.		
Session 1:	Feb. 17-March 24	\$45 per person.
Session 2:	April 14-May 19	\$30-\$45 per person.
Hicks Park Community Center 3443 S. Mingo Road, Tulsa, OK 74146		
Session 3:	July 21-Aug. 25	\$22 per person.
Session 4:	Sept. 15-Oct. 20	\$22 per person.

Soccer – Oklahoma City

Let's Play Soccer ISA 100 N. McCormick St., Oklahoma City, OK 73127	
Saturdays	
\$675 per team.	
Spring:	TBD
Summer:	TBD
Fall:	TBD
Winter:	TBD

Soccer – Tulsa

SoccerCity Tulsa 5817 S. 118th East Ave., Tulsa, OK 74146	
Saturdays	
\$675 per team.	
Spring:	TBD
Summer:	TBD
Fall:	TBD
Winter:	TBD



Golf – Oklahoma City

Lincoln Park Golf Course 4001 N.E. Grand Blvd., Oklahoma City, OK 73111	
Thursdays, 6-9 p.m.	
\$32 with cart and \$24 for walking.	
Session 1:	April 9-June 11
Session 2:	July 30-Oct. 1

Golf – Windy Cup Tour

Windy Cup Tour Stop 1	
Chickasaw Pointe Golf Course 12428 Chickasaw Pointe Road, Kingston, OK 73439	
March 28	9 a.m. shotgun start.
\$84.14 + \$4 range balls.	
Windy Cup Tour Stop 2	
John Conrad Golf Course 711 S. Douglas Blvd., Midwest City, OK 73130	
April 18	9 a.m. tee time.
\$50.19 + \$3.50 range balls.	
Windy Cup Tour Stop 3	
Battle Creek Golf Course 3200 N. Battle Creek Drive, Broken Arrow, OK 74012	
May 9	11 a.m. tee time.
\$58.95 (includes range balls).	
Windy Cup Tour Stop 4	
Arrowhead State Golf Course 3657 Main Park Road, Canadian, OK 74425	
June 13	8 a.m. tee time.
\$40 + \$5 range balls.	
Windy Cup Tour Stop 5	
Boiling Springs Golf Course 5283 State Highway 34C, Woodward, OK 73801	
July 11	8 a.m. tee time.
\$57 (no driving range).	
Windy Cup Tour Stop 6	
FireLake Golf Course 1901 S. Gordon Cooper Drive, Shawnee, OK 74801	
Aug. 1	7:30 a.m. tee time.
\$45 (includes range balls).	



Axe Throwing – Moore

Twisted Axes Throw House
N.W. 8th St., Moore, OK 73160

Thursdays, 6-8 p.m.	\$75 per person.
Session 1:	Jan. 8-Feb. 12
Session 2:	June 11-July 16
Session 3:	Oct. 15-Nov. 19

Axe Throwing – Tulsa

A&R Axe Throwing and Indoor Golf
6975 S. Lewis Ave., Tulsa, OK 74136

Wednesdays, 6-8 p.m.	\$75 per person.
Session 1:	Jan. 7-Feb. 11
Session 2:	June 10-July 15
Session 3:	Oct. 14-Nov. 18



Basketball – Oklahoma City

Santa Fe Family Life Center
6300 N. Santa Fe Ave., Oklahoma City, OK 73118

Mondays, 6-9 p.m.	\$475 per team.
Session 1:	April 6-June 1
Session 2:	Aug. 31-Oct. 19



Softball – Oklahoma City

Wheeler Park
1120 S. Western Ave., Oklahoma City, OK 73109

9-week sessions	\$35 per person.
Summer Session:	June-July
Fall Session:	TBD



Dragon Boat – Oklahoma City

Riversport OKC
800 Riversport Drive, Oklahoma City, OK 73129

Team-dependent	
\$1,700 nonpeak/\$2,000 peak per team.	
Session 1:	April 5-June 30
Session 2:	July 12-Oct. 2



Game Night – Oklahoma City

Kamp's 1910 café
10 N.E. 10th St., Ste. 209, Oklahoma City, OK 73104

Tuesdays, 4-9 p.m.	
Purchase of food or beverage.	
Session 1:	Jan. 6-June 30
Session 2:	July 28-Nov. 24



Bowling – Oklahoma City

Bowlero Edmond
3501 S. Boulevard, Edmond, OK 73013

Thursdays, 6-8 p.m.	\$170 per person.
Session 1:	March 5-May 7
Session 2:	June-July
Session 3:	Sept. 3-Nov. 12



Sand Volleyball – Oklahoma City

Boombbox Beach Club
2200 N.E. 63rd St., Oklahoma City, OK 73111

Wednesdays, 6-10 p.m.	\$30-\$50 per person.
Spring:	TBD
Summer:	TBD
Fall:	TBD
Winter:	TBD

Sand Volleyball – Tulsa

Pearl Beach Brew Pub
418 S. Peoria Ave., Tulsa, OK 74120

TBD	\$85-\$89 per person.
Spring:	TBD
Summer:	TBD
Fall:	TBD
Winter:	TBD



Tennis – Oklahoma City

OKC Tennis Center
3400 N. Portland Ave., Oklahoma City, OK 73112

Sundays, 6-7:30 p.m.	\$50-\$80 per person.
Session 1:	Jan. 25-March 8
Session 2:	April 19-May 30
Session 3:	July 12-Aug. 16
Session 4:	Sept. 20-Oct. 25



Am I Hungry?

A mindfulness-based approach to eating that helps participants shift their beliefs, thoughts and feelings around food before tackling behaviors. Through guided practices and supportive discussion, participants learn to reconnect with hunger cues, make conscious choices, and build a healthier relationship with food and body.

Dates and times: Wednesdays, Aug. 26-Oct. 14, from 11:30 a.m.-12:15 p.m.

Location: Virtual Microsoft Teams meeting.



Break Time

A quick, energizing Teams meeting offered midmorning and midafternoon, Tuesday through Friday. Sessions feature desk-friendly stretches, guided relaxation breathing and bite-sized health tips. It's a simple, supportive way to reset, recharge and build healthy habits into your workday.



Calm app

Free subscriptions to the Calm app provide employees with sleep help, guided meditations, music, movement and other tools to help manage stress.



Ergonomic assessments

Personalized evaluations that help employees optimize their workspaces for comfort, safety and productivity. Thrive's assessments focus on posture, workstation setup, and movement habits to reduce strain, prevent injury and support long-term well-being.



Health and VPD Expo

Thrive's annual benefits showcase offering employees direct access to health, dental and vision plan representatives, voluntary payroll deduction vendors, and on-site immunizations and wellness screenings. It's a one-stop opportunity to explore coverage options, discover wellness perks and take proactive steps toward a healthier year.



Hearty Solutions

Our video series features sustainable wellness strategies from health experts. Each brief episode provides practical tips for daily living, from simple habit shifts to holistic well-being practices, guiding viewers to build healthier habits step by step.



Level Up Newsletter

Your monthly update of all things OMES and Thrive. Find health tips, upcoming events and leagues, surveys, videos and more.



Stress Management Program

We are excited to announce our **new** Stress Management Program, launching this spring. This structured, five-week course is designed to provide you with practical, hands-on strategies to prevent and manage stress effectively.

Dates and times: Thursdays in April from 11:30 a.m.-12:15 p.m.

Location: Virtual Microsoft Teams meeting.



Walking Club

This program offers a variety of challenges and group walking meetups throughout the year. Thrive has highlighted numerous walking locations across the state and will continue expanding the list; and everyone who signs up receives information and resources to help get started.