Thrive
OKLAHOMA EMPLOYEE WELLNESS

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.



Tyler Wilcox
Thrive Program Coordinator

With a background in physical therapy and athletics, Tyler looks forward to creating wellness opportunities, encouraging healthy habits and helping employees prioritize their physical and mental well-being.

[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.**



Axe Throwing – Moore

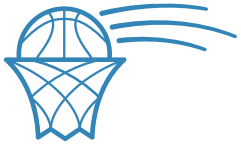
Twisted Axes Throw House
N.W. 8th St., Moore, OK 73160

Thursdays, 6-8 p.m.	**$75 per person.**
First Thursday in January.	
Second Thursday in June.	
Third Thursday in October.	

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.**
First Wednesday in January.	
Second Wednesday in June.	
Second Wednesday in October.	



Basketball – Oklahoma City

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

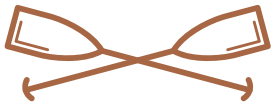
6-9 p.m.	**$575 per team.**
Fall – second week of August.	
Spring – the week after spring break (March).	



Bowling – Oklahoma City

Bowlero Edmond
3501 S. Boulevard, Edmond, OK 73013

Thursdays, 6-8 p.m.	**$180 per person.**
Spring – Thursdays, starting the first week of March.	
Fall – Thursdays, starting the first Thursday after Labor Day.	



Dragon Boat – Oklahoma City

Riversport OKC
800 Riversport Drive, Oklahoma City, OK 73129

Team-dependent
$1,700 nonpeak/$2,000 peak per team.
Spring – first week of April through the third week of June.
Fall – second full week of July through the third week of September.



Games Night – Oklahoma City

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

Tuesdays year-round, 4-9 p.m.
Purchase of food or beverage from Kamp's.



Golf – Oklahoma City

Lincoln Park Golf Course
4001 N.E. Grand Blvd., Oklahoma City, OK 73111

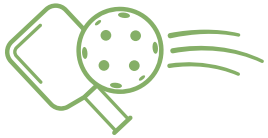
Thursdays, 6-9 p.m.
$32 with cart and $24 for walking.
Second week in April through the last week in July.



Sand Volleyball – Oklahoma City

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

6-9 p.m.	**$600 per team.**
Every eight weeks. Seasons are seven weeks long. The following session begins after the seventh week of play is complete.	



Pickleball – Moore/Norman	
Earlywine Park YMCA 11801 S. May Ave., Oklahoma City, OK 73170	
Wednesdays, 6-8: p.m.	**$45 per person.**
Third week in February.	
Third week in April.	
Third week in July.	
Third week in September.	

Pickleball – Oklahoma City	
Santa Fe Family Life Center 6300 N. Santa Fe Ave., Oklahoma City, OK 73118	
Mondays, 6-8 p.m.	**$29 per person.**
Third week in February.	
Second week in April.	
Third week in July.	
Second week in September.	

Pickleball – Tulsa	
Hicks Park Community Center 3443 S. Mingo Road, Tulsa, OK 74146	
Wednesdays, 6-8 p.m.	**$15 per person.**
Third week in February.	
Third week in April.	
Third week in July.	
Third week in September.	



Soccer – Oklahoma City
Currently undergoing reconstruction.



Softball – Oklahoma City	
Wheeler Park OKC 1120 S. Western Ave., Oklahoma City, OK 73109	
6-9 p.m.	**$300 per team.**
Summer	
Fall	



Tennis – Oklahoma City	
OKC Tennis Center 3400 N. Portland Ave., Oklahoma City, OK 73112	
5:30-7:30 p.m.	**$50-$64 per person.**
Indoor: Winter and summer.	
Outdoor: Fall and spring.	

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ADDITIONAL PROGRAMS

For more details on these and other Thrive programs, please visit oklahoma.gov/thrive.



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.



Break Time

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



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.



Stress Management Program

Don't wait for burnout to hit. We are excited to announce our Stress Management Program, a structured, five-week course designed to provide you with practical, hands-on strategies to prevent and manage stress effectively.

Program details

Format: 30-minute interactive sessions on Thursdays at 11:30 a.m.

2026 schedule: Offered twice this year (spring and fall cohorts).



Level Up Newsletter

This newsletter is your monthly update of all things Human Capital Management and Thrive. Find health tips, upcoming events and leagues, surveys, videos and more.



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.



Windy Cup

The Windy Cup Tour is a golf series that typically runs from March through August. The monthly tournaments are hosted at different courses throughout the State of Oklahoma.