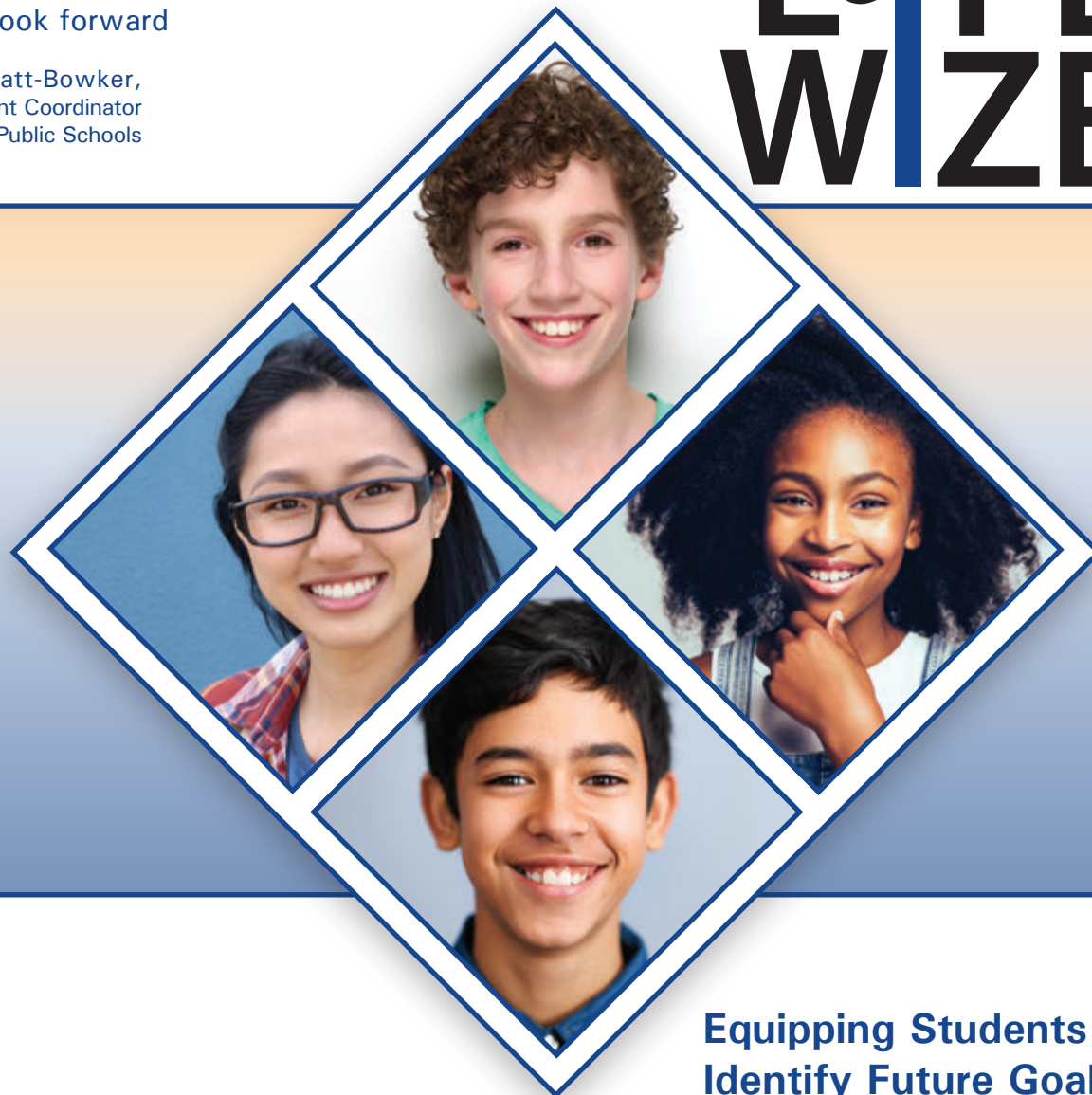


"I consider the after school LifeWize program successful. The student's responses have been positive and they look forward to participating each week."

DJ Watt-Bowker,
Business Industry Career Development Coordinator
Oklahoma City Public Schools

**LIFE
WIZE**

**LIFE
WIZE**
*equipping students to
identify future goals*



LifeWize Center
3800 N. May Avenue
Oklahoma City, OK 73112
(405) 942-3800
obhc.org/LifeWize

**Equipping Students to
Identify Future Goals**

LifeWize is...

"Thank you for taking the time to come and talk to us and listen to anything we have to say. Each and every one of us are thankful for all you have done for us."

- A grateful student

Helping Change Lives

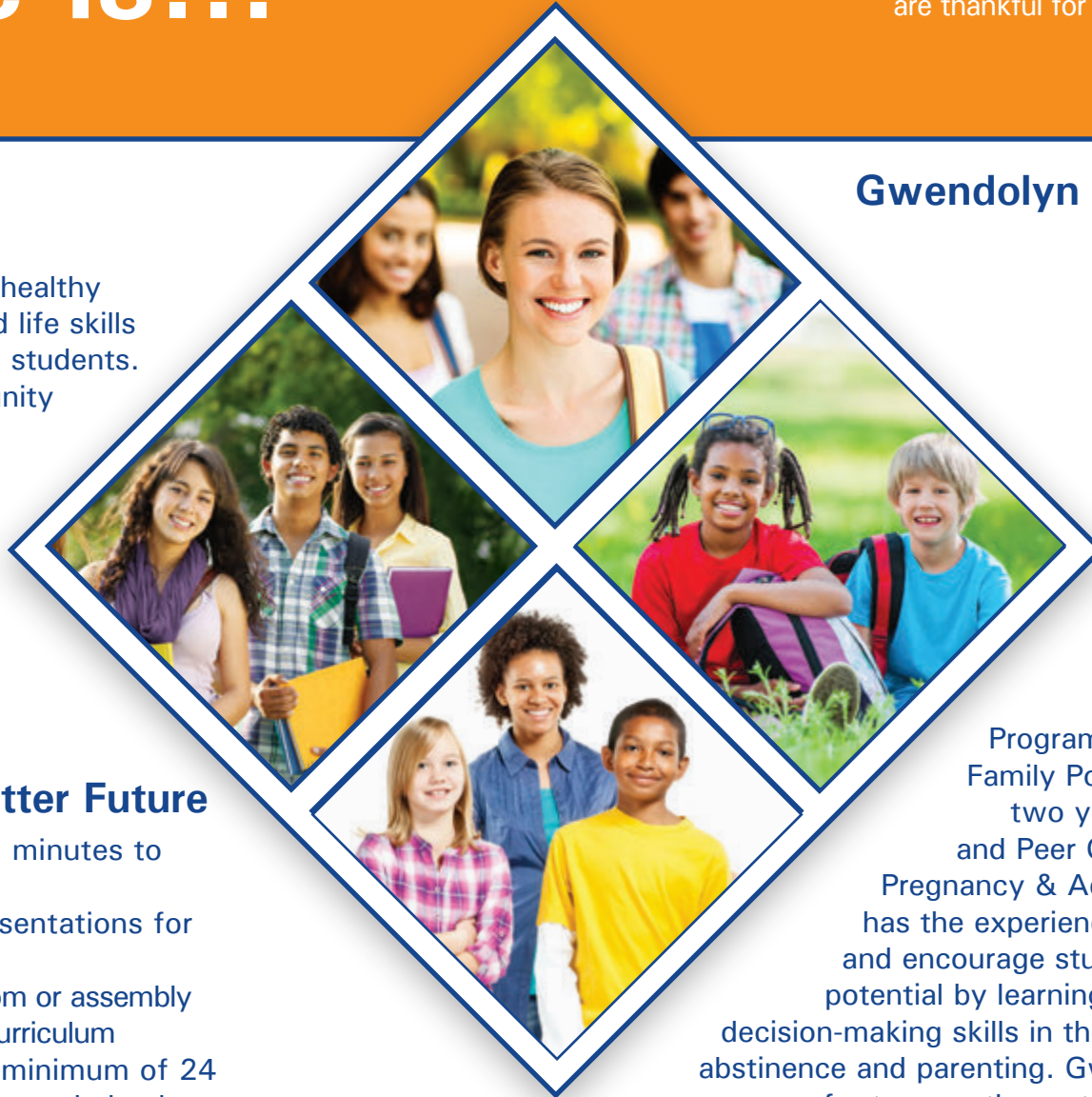
LifeWize is a program to provide healthy decision making, goal setting and life skills to middle school and high school students. It is facilitated by trained community volunteers and can be tailored to meet the individual needs and schedules of your school.

A program to provide life skills:

- Goal Setting
- Decision Making
- Healthy Relationships
- Sexual Risk Avoidance

Better Choices for a Better Future

- Six to eight week program, 45 minutes to one hour each week
- Age appropriate - different presentations for middle and high schools
- Can be presented during classroom or assembly style using nationally approved curriculum
- Community volunteers have a minimum of 24 hours training and OSBI background checks
- Character driven, interactive presentations



Gwendolyn Poteat, LifeWize



A former teen mother, Gwen has 10 years experience in directing the KEEP Abstinence Education Program through the Oklahoma Family Policy Council and served two years as Center Manager and Peer Counselor at Deaconess Pregnancy & Adoption Services. Gwen has the experience and passion to teach and encourage students to reach their full potential by learning and practicing healthy decision-making skills in the areas of relationships, abstinence and parenting. Gwen currently facilitates a program for teen mothers at Putnam City Academy, which has been ongoing since 2006.