



Today's Best Music Magic 95 invites you to join the **Fitness Revolution!**

Improve Your Health - Change Your Life!

Get ready to change your habits and behaviors this year to improve your health and well being!

The **Magic 95 Fitness Revolution** continues in 2015 for our fifth year. Join us on Thursday,

February 5th from 2pm to 6pm at Central Mall. Magic 95 will be broadcasting live from Dillard's Court.

Joining us will be **Self-Therapy LLC**, **Brickhouse Cardio Club**, and the **Oklahoma Blood Institute**

Our Fitness Revolution sponsors include [Central Mall](#) , [the Oklahoma Blood Institute](#) , [Dr . Brett Warn, DDS](#)
, the [Lawton Family YMCA](#)
,
[Brickhouse Cardio Club](#)
,
[Premier Locations](#)
,
[Taste E Vapes](#)
, the [580 Rollergirls](#)
and [Ferrara Chiropractic Clinic](#)

Improve your health...change your life!

Join Magic 95 at these fitness-related events:

[Three Mile Thursdays](#) Body vs. Earth Triathlon, 9/

Magic 95 Fitness Revolution at Central Mall - February 5

[3 Mile Thursday](#) - February 5

["West Side" Third Week 3 Mile Thursday](#) - February 19

["West Side" Third Week 3 Mile Thursday](#) - March 19

American Cancer Society Relay For Life - April 24

Here is a list of Fitness Groups and Medical-Health Support Groups you may be interested in (compiled by *The Lawton Constitution*):

FITNESS GROUPS

Mountain Boomers Hiking Club, hiking club for Baby Boomers. [9-11 a.m.](#) [second Monday.](#)
Call for meeting location,
[429-2199](#)

Kickers of Lawton, traditional clog, Irish & Appalachian dancing, for all ages, [5 p.m.](#) *Mondays & Tuesdays, 1524 W Gore. Patty Parker,*
[585-3320](#)
,
[585-2564](#)
. *Registration fee.*

Holy Family Walkers Volksmarch Club, meeting [7 p.m.](#) *first Tuesday, Center for Creative Living,*
[3501 SW Dr. Elsie Hamm](#)
[Drive](#) [357-2930](#) .

Fort Sill Women's Golf Association, meeting & play, [8:30 a.m.](#) *Thursdays, Fort Sill Golf Club.*
Open to all women golfers. [28](#)
[4-7729](#)
,
[248-3459](#)

,
[357-4864](tel:357-4864)

Square Toppers, square dance club, 7 p.m first Friday, Center for Creative Living. [248-0471](tel:248-0471) .

Star Promenaders, square dance club, [7 p.m.](tel:248-0471) second Friday, Center for Creative Living. [248-0471](tel:248-0471)

Sill-o-ette Squares, square dance club, [7 p.m.](tel:248-0471) third Friday, Center for Creative Living. [248-0471](tel:248-0471)

Solo Squares, square dance club, [7 p.m.](tel:248-0471) fourth Friday, Center for Creative Living. [248-0471](tel:248-0471)

Kuntry Kuzins, square dance club, [7 p.m.](tel:357-5963) fourth Friday, Knights of Columbus Hall, 911 NW Hill Top. [357-5963](tel:357-5963) .

MEDICAL-HEALTH SUPPORT GROUPS

Unity Group of Alcoholics Anonymous, [10 a.m.](tel:248-5050) Sundays, noon Mondays-Fridays, [7 p.m.](tel:248-5050) Mondays-Thursdays & Saturdays, 2204 W. Gore. [248-5050](tel:248-5050)

Celebrate Recovery, for addictions 6 .m. Sundays, First United Methodist Church, 2602 NW Ferris. Free childcare. [585-0643](tel:585-0643) .

Celebration Station, for children dealing with parental addiction, [6 p.m.](#) Sundays, First United Methodist Church, 2602 NW Ferris. Free childcare. [585-0643](#)

Different Way Narcotics Anonymous, noon seven days a week, [7-8 p.m.](#) seven days a week, [1202 SW F St.](#) [917-5420](#)

NAMI Family-to-Family, [6-8:30 p.m.](#) Mondays, Brookridge Retirement Community, 7802 NW Quannah Parker. [536-9700](#)

Way Out Al-Anon Family Group, [8 p.m.](#) Tuesdays & Thursdays; noon Wednesdays, First Presbyterian Church, 1302 SW A. [536-9511](#), [355-6913](#)

Different Way Narcotics Anonymous for Women, [5:30-6:30 p.m.](#) Mondays, [1202 SW F St.](#) [917-5420](#)

Heartbeat Mutual Support Group, for survivors after suicide of a family member or friend, [6:30 p.m.](#) [third Monday](#), Comanche County Memorial Hospital, Oakwood Conference Room No. 4, 3801 W. Gore. [492-6388](#)

Depression/Bipolar Support Group, [7 p.m.](#) Mondays, Lawton Public Library boardroom, [110 SW 4th St.](#) [483-4942](#)

Way Out Alcoholics Anonymous, [8 p.m.](#) Mondays, Tuesdays, Thursdays & Saturdays, First Presbyterian Church, 1302 SW A. [536-9511](#) .

Cancer Support Group, [6 p.m.](#) second Monday, Comanche County Memorial Hospital, Cancer Center Conference Room 3801 W. Gore. [355-8699](#) .

Ostomy Support Group of Lawton-Fort Sill, meeting, [4 p.m.](#) third Tuesday May, October & December, Centenary United Methodist Church, [704 SW D Ave.](#)

[536-9950](#)
. Families and caregivers welcome.
[May 15](#)
speaker an officer from Lawton Police Department on personal safety concerns of area citizens.

Parkinson's Disease Community Group, [6 p.m.](#) first Tuesday, Lawton Christian Center Fellowship Hall, [2405 SW Lee Blvd.](#)
[Presentations](#) , discussions,
snacks, everyone welcome. Teri,
[280-0114](#)

MS Association quarterly dinner meeting, [6-8 p.m. Tuesday June 5](#) , BrookRidge Retirement Community, 7802 Quanah Parker Twy. Valinda Phillips,
[536-9700](#)

NAMI Caring Families Support Group, mental health support group, [6:30 p.m.](#) third Tuesday, Lawton Public Library, 110 SW 4th.
[583-8126](#)

,
[351-9611](#)
. Free, open to the public.

Hepatitis C Support Group, [7 p.m.](#) □ fourth Tuesday, Hearts that Care Clinic, 304 SW A. [351-278](#)

Alzheimers/Dementia Support Group, [10 a.m.](#) □ first & third Wednesday, chapel, Brookridge Retirement Community, 7802 Quannah Parker Trailway. Public welcome.
[574-2919](#)

Alzheimer's Support Group, [11:30 a.m.](#) . & 5:30 p.m. last Thursday, Ten Oaks (West Living Room),
[3610 SE Huntington Circle](#) . [353-1190](#) .
Public welcome.

Respite Caregiver Support Group, free, open to the public brown bag lunch, [noon-1 p.m.](#) □ fourth Thursday, Great Plains improvement Foundation, #2 SE Lee Blvd., Ste 200.
[248-4776](#)
,
[800-965-9757](#)

Gambler's Anonymous and Gam-Anon, [6 p.m.](#) □ Thursdays, Cameron Baptist Church, [2621 SW C Ave.](#)

[NAMI Connection](#) , mental health support group, [6-7:30 p.m.](#) □ Thursdays, Comanche County Memorial Hospital, Oakwood Room No. 5, 3801 W. Gore.□
[583-8126](#)

C.O.P.D. Support Group, free, open to the public, [6:30 p.m.](#) □ first Thursday, Savannah House of Lawton, 2720 SW J.□
[583-1950](#)

Compassionate Friends, child loss support group, [6:30-8:30 p.m.](#)

first Thursday, Oklahoma Blood Institute, 211 A. Goody Tendall, [678-9024](#), [492-4477](#) or [529-2879](#)

Diabetes Support Group, free, open to the public, [6:30 p.m.](#) third Thursday, Savannah House of Lawton, 2720 SW J. [583-1950](#)

TOPS (Take Off Pounds Sensibly), weigh-in [8:30-9:30 a.m.](#) Fridays, Holy Family Catholic Church, 1010 NW 82nd. [536-7104](#), [510-0566](#)

Keep It Simple Al-Anon Family Group, [7 p.m.](#) Fridays, Southwestern Medical Center, 5602 SW Lee. [351-4475](#).

Lupus and Fibromyalgia Speaks Support Group, [11 a.m.](#) second & fourth Saturday, Comanche County Memorial Hospital, Maple Room No. 1, 3401 W. Gore. [678-4414](#)

. Visually Impaired People of Lawton, monthly meeting, third Saturday. Call for times and locations, [353-1324](#)

Giddy Up 'N Go, volunteers & horses working with handicapped, Suncrest Stables, [7205 SE Bishop Rd. Call](#) for times, [248-3701](#)

