

GO Vember 2020

GO Walk

Monday, Nov. 2nd

Join us for the 2020 Walking Challenge. Participants will be eligible for prizes. [Click here](#) for instructions.

GO Give

For volunteer and donation opportunities, [click here](#).

[OCC Thanksgiving & Turkey Drive](#).

GO Explore

It's time to get out and explore the beautiful city of Ft. Worth! Check out these awesome places to start your adventure. [Click Here](#).

GO Yoga

Our [OCC Youtube](#) has a ton of great yoga videos to help you feel good and stay healthy.

[OCC Yoga Class Schedule](#).

GO Meditate

Check out these [free meditation resources](#).

Click [HERE](#) to watch a quick meditation video.

GO Cook

Try some healthy holiday recipes [here](#).

Click [HERE](#) to watch healthy holiday videos.

GO Relax

Click [HERE](#) to visit our OCC virtual relaxation room for some relaxing videos and activities.