

HEALTHY HEART *Week*

February 18-25, 2019

KEEPING THE HEART STRONG

Activities:

Monday, Feb. 18, 10 am - 1pm

CCC's Fit For Life Health Exhibits and Screenings
Zee A. Barron Student Union - First Floor



Tuesday, Feb 19, 8 pm - 12 midnight

CCC's Fit for Life Fitness Midnight Madness
Fitness Center



Wed & Thurs, Feb 20 - 21, 10:30 am - 11:30 am & 12:00 noon - 1:00 pm.

Heart Health: Lunch and Learn Series
Zee A. Barron Student Union - Magnolia Room



Friday, Feb 22
No Fried Food Friday



Monday, Feb 25, 12 Noon
Walk for Keys Day
Fit-for-Life Fitness Trail



CCC FIT FOR LIFE



MADE POSSIBLE BY A GRANT FROM



Blue Cross & Blue Shield of Mississippi Foundation

A Subsidiary of Blue Cross & Blue Shield of Mississippi.

These activities are designed to promote Heart Health Awareness among CCC Students & Employees and the community at large.

For more information, contact Letha Richards at (662) 621-4126.

