



Made Possible Through A Grant From
Blue Cross & Blue Shield of Mississippi Foundation
A Subsidiary of Blue Cross & Blue Shield of Mississippi.

WEEKLY ACTIVITIES



MONDAY

September 16, 2019

Cardio and Abs

5:00 a.m. – 8:00 p.m.

Location: Wellness Center

Bike Ride

2:00 p.m.

Location: MVSU Campus

TUESDAY

September 17, 2019

Cardio and Abs

5:00 a.m. – 8:00 p.m.

Location: Wellness Center

Farmers Market

8:00 a.m. – 1:00 p.m.

Location: 1st Floor, Sutton Building

WEDNESDAY

September 18, 2019

Cardio and Abs

5:00 a.m. – 8:00 p.m.

Location: Wellness Center

Nurse Visit/Health Screening

5:00 a.m. - 12:00 p.m.

Location: Wellness Center

Healthy Eating (Smoothie)

12:00 p.m.

Location: Student Union

Step Challenge sign up

5:00 a.m.-11:00 a.m.

Location: Wellness Center

THURSDAY

September 19, 2019

Cardio and Abs

5:00 a.m. - 8:00 p.m.

Location: Wellness Center

1K Walk Run

12:00 p.m.

Location: Harrison Complex (upstairs)

VIM Award Day

12:00 p.m.

Location: Harrison Complex (upstairs)

FRIDAY

September 20, 2019

Cardio and Abs

5:00 a.m. – 4:00 p.m.

Location: Wellness Center

