



Mississippi Public Universities Spring Into Health Schedule of Events

Delta State University

2/24 8:00 PM Glow in the Dark Run

Mississippi State University:

2/27 7:00 PM: Glow Run 5k benefitting the Blair E. Batson Children's Hospital
Register at sa.msstate.edu

2/28: Glow Run Celebration Dinner benefitting the Blair E. Batson Children's Hospital

Mississippi University for Women

2/24- Fitness Obstacle Course.

2/25-Glow In The Dark Dodge Ball.

2/26- Cook your OWL off. An event that will show case how people can provide healthy options using a microwave.

2/27-Students vs. Faculty/Staff basketball games. Later this same evening we will be having a "Bow Tie For A Cause Gala". The purpose of this event is to raise funds for the nonprofit organization Bow Tie For A Cause. This organization sells bowties and donates the revenues to more than 30 organizations that promote health and cancer awareness.

The University of Southern Mississippi:

2/24- 10:00 AM-2:00 PM Learn About Nutrition, Student Union. Century Park Learning Center will also host a nutrition presentation//cooking demo at 8PM

2/25- 10:00 AM-2:00 PM Learn About Fitness, Student Union.
8:00 PM: A Fitness Class will be hosted by Jones Hall in lobby

2/26- 10:00 AM-2:00 PM Tips on Safe Sex and Alcohol Use, Student Union
8:00 PM: Wilbur Hall Presentation on Safe Sex and Alcohol Use

The University of Mississippi

2/24- 11:00 AM-1:00 PM: Eat Local! Eat healthy! Come to the Union Plaza to learn about locally produced food options from the Real Food Rebels, Yokna Bottoms Farm and others.

2/24- 12:00 PM: Union Plaza: Mississippi Public Universities Spring Into Health Opening Ceremony, Speakers include Director of Health Promotions Anna Beth Higginbotham, Associated Student Body President Gregory Alston, and Assistant Director of Health Promotions Erin Cromeans.

2/24- 8:30PM-10:00 PM: "Groove and Glow" Turner Room 305 (Group Fitness Room.) \$5 entry fee, \$1 per glowstick, \$3 for five glowsticks. Groove and Glow will include Zumba, Turbokick, and Step events

2/25-11:00 AM-1:00 PM Games Outside of the Union presented by Ole Miss Campus Recreation, Union Plaza

2/26- 3:30 PM Lyceum The Otter 5K Run sponsored by the Sigma Nu Fraternity benefitting Ole Miss student Carson Otter. Through a random act of violence, Carson Otter underwent brain surgery while visiting Austin, TX for the Ole Miss football game. Carson spent a week in ICU and several weeks in a medical rehabilitation

facility in Austin. The runners must purchase a \$20 wristband to run. Wristbands will be sold in front of the student Union from 11:00-1:00 Monday 2/24-Wednesday 2/26. Prizes for the top runners include a 50 in. flatscreen tv, an iPad, and other prizes.

2/27- 11:00AM-1:00 PM Beep Test Competition in the Grove

This fitness test involves continuous running between two lines that are 20 meters apart. Prizes will be awarded to a male and a female winner.

The University of Mississippi Medical Center

2/22- 7:00-9:00 PM Taste of the U, Jackson Medical Mall UMMC Alliance's annual fundraising event Tickets can be purchased at [UMMC Alliance webpage](#). UMMC Alliance is a volunteer organization that promotes goodwill and fellowship to the medical center through support of patient needs, UMMC chapel, university support funds and art acquisitions.

Mississippi Valley State University

2/24- Healthy "Mission"-11:00am – 3:00pm, Glucose level testing and Blood Pressure checks in the Union with collaboration with the SGA.

2/25- Healthy "Mission"-11:00am – 3:00pm, HIV and AIDS awareness, STD screening, and Condom giveaway in the Union

2/26- Healthy "Mission"-11:00am – 3:00pm, Let's give a "Half Pint" Blood Drive in the Union

2/27- Healthy "Mission"-6:30pm, Tilt, Tuck, Tighten, and Zumba with the Zetas. Plus nutrition facts to help you stay fit and healthy with collaboration with the SGA in the Union.

2/28- Healthy "Mission"- 1:00pm, 5k walk or run with collaboration with the SGA around the campus.

Alcorn State University

2/27 Kicking It On The Campus Green Kickball Game Tournament, Campus Green
12:00