



MEDIA RELEASE

Public Relations

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Jackson State's childhood center kicks off 'Walking Wednesdays'

(JACKSON, Miss.) — Jackson State University's Lottie W. Thornton Early Childhood Center will kick off "Walking Wednesdays" at 9 a.m. Wednesday, Oct. 3 at the Joseph Jackson School of Education Building on the main campus.

The new program is consistent with Jackson State's healthy living initiatives and Gov. Haley Barbour's "Let's Go Walking Mississippi" campaign. Barbour and JSU President Ronald Mason Jr., who has published his own *Funky Revolutionary Mind Body and Spirit Workout* book and accompanying CD, will join in the inaugural event.

JSU students, staff and faculty are invited to join in the weekly 30-minute walks around the campus at 10 a.m., says Alice McGowan, director of the center.

"Since children are our most precious resource, this program is designed to instill heart-healthy habits in young children so that they can grow into healthy adulthood," she says.

Each participant will receive water, a healthy snack and a pedometer to track his or her steps. For more information, call (601)979-2400.

-JSU-

About Jackson State University

Jackson State University, founded in 1877, is a historically black, high research activity university located in Jackson, the capital city of the state of Mississippi. Jackson State's nurturing academic environment challenges individuals to change lives through teaching, research and service. Officially designated as Mississippi's Urban University, Jackson State continues to enhance the state, nation and world through comprehensive economic development, health-care, technological and educational initiatives. The only university in the Jackson metropolitan area, Jackson State is located near downtown, with three satellite campuses throughout the city. For more information, visit www.jsums.edu.

