



For Immediate Release: October 11, 2017

**Contact: Kell Smith, Director of Communications and Legislative Services
Mississippi Community College Board
601-432-6734**

**Sheila Grogan, Executive Director
Blue Cross & Blue Shield of Mississippi Foundation
601-664-4525**

Blue Cross & Blue Shield of Mississippi Foundation Grant Funds Wellness Facility at Education and Research Complex

JACKSON – As part of the Mississippi Community College Foundation’s “Community Challenge for Change” (C3) initiative, a ribbon cutting ceremony was held on October 11 for a wellness center at the Education and Research Complex in Jackson. The facility is funded through a \$300,700 grant from Blue Cross & Blue Shield of Mississippi Foundation.

The wellness center will allow more than 500 employees to have access to a fitness facility that will help improve their overall health. Partner agencies that will have access to the facility include: America Reads - Mississippi, Institutions of Higher Learning, Jackson State University, Mississippi Automated Resource Information System (MARIS), Mississippi Board of Physical Therapy, Mississippi Community College Board, Mississippi Community College Foundation, Mississippi Department of Information Technology Services, Mississippi Humanities Council, Mississippi Library Commission, Mississippi Public Broadcasting, Mississippi State Board of Nursing Home Administrators, Phi Theta Kappa International Honor Society, University Press of Mississippi, and Volunteer Mississippi.

“Through generous grant funding from Blue Cross & Blue Shield of Mississippi Foundation, we have been able to open a wellness center for employees of our campus to use,” said Dr. Andrea Mayfield, Executive Director of the Mississippi Community College Board. “The center has state-of-the-art equipment that will allow employees to meet their health goals and improve overall fitness levels. This will make for a more productive workforce in state government.”

The goals of the C3 initiative include:

- Health education for participants, including workshops and biometric screenings for blood pressure, weight, cholesterol and blood sugar.
- Engaging employees in a variety of physical activity classes and activities.
- Establishing a C3 leadership team to strengthen community partnerships by sharing health and wellness resources.
- Motivating Mississippians to participate in C3 through fundraising and awareness efforts through local media, a dedicated website and strategic marketing resources.

“The Blue Cross & Blue Shield of Mississippi Foundation is committed to providing resources and support for Mississippians to live healthy, active lifestyles,” said Sheila Grogan, Executive Director of the Blue Cross & Blue Shield of Mississippi Foundation. “We continue to grow campus health initiatives at the state’s colleges and universities and our goal of creating health and wellness cultures also extends to the organizations that work in support of these institutions.”

The Blue Cross & Blue Shield of Mississippi Foundation is working to build a healthy Mississippi through targeted funding aimed at supporting schools, communities, colleges and universities. Learn more about the efforts of the Foundation at www.healthiermississippi.org.

-30-

