

WARRIOR WELLNESS WEEK

September 25-29

Warrior Worship

Monday-Thursday, Sept. 25-28

7:30 to 8 a.m. • Mabry Memorial Cafeteria

Spiritual messages combined with Bible journaling and a healthy breakfast

Speakers:

Monday: Jonathan Fulcher, Fellowship of Christian Athletes, East Central MS Director

Tuesday: Scott Vaughn, ECCC Baptist Student Union Director

Wednesday: Kathy Butler, ECCC Wesley Foundation Director

Thursday: Makaeya Brock, ECCC Student Body Association President

“EC Warriors Out for Blood”

Tuesday, Sept. 26

5:30 p.m. • Wellness Center

Come participate in this fun event while at the same time donating much-needed blood. “EC Warriors Out for Blood” is similar to the TV show Fear Factor. Each team will get a different card with a riddle and have to select a team member to fulfill the mission on the card. All team members must give blood to complete the challenge.

There also is a Mississippi Blood Services blood drive Tuesday, Sept. 26, and Wednesday, Sept. 27, from 10 a.m. to 5 p.m. each day in the MBS donor coach located on campus.

Glow Run

Wednesday, Sept. 27

8 p.m. • EC Walking Trail

Come enjoy the fun of a Glow Run around the EC Lake.

Chopped: Smoothie Edition

Thursday, Sept. 28

1:30 p.m. • East Mall Area (Near Mabry Cafeteria)

Teams will be provided a variety of fresh ingredients and then judged on which team can make the best smoothie based on taste and nutritional qualities.

Professional Development

Friday, Sept. 29

11 a.m. to Noon • Cross Hall 111

Ruth Sanders of Meridian, a Registered Nurse Clinical Nurse Specialist with 34 years of experience, will speak on healthy eating tips and control of personal health.



EAST CENTRAL
COMMUNITY COLLEGE



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