



FOR IMMEDIATE RELEASE

Alcorn Sponsors a Health and Wellness Kick-off

Alcorn State University Extension Program (ASEUP) announces its upcoming Health and Wellness Kick-off to be held from 10 a.m.-1 p.m., Saturday, April 9, 2011, at Medgar Evers Memorial Park in Fayette.

Registration for the event will be held from 9-10 a.m. Admission is free and is open to both youth and adults. Refreshments will be served.

“The ASUEP hope’s this event establishes awareness among residents so that they may have a better understanding of obesity,” Lorraine Lias, publicity chair and CRD educator, said. The university’s mission is to provide information on obesity while educating residents in Jefferson County on its harmful effects.”

According to the Center for Disease Control and Prevention, Mississippi is ranked number one for the most obese state in the United States with Jefferson County coming in at number one for the most obese county in the United States.

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ASUEP will be implementing preventive programs in Jefferson County that will provide residents with the necessary knowledge and methods needed to combat obesity. The programs will focus on the “power of three” --- nutrition, physical fitness and community gardening, Lias said.

The plan of the ASUEP is to design programs tailor-made for the communities in which they will be implemented. It is important to get detailed information about the needs of the area. Everything will be centered on what will work best for Jefferson County, she said.

The dates and times for the future programs will be discussed at this kickoff event. There will also be demonstrations and presentations informing the public on what the ASUEP “power of three” program is all about.

Interested volunteers and participants will have the opportunity to sign up at the event. Health care professional, organizations, businesses, private individuals and other persons and agencies are encouraged to contact the ASUEP so that partnerships can be made to combat what is not just a Jefferson County issue, but is a very serious issue affecting the state and our nation.

All elected municipal and county officials along with faith-based and community leaders and others are encouraged to attend this event. The goal of the ASUEP is to get everyone involved in this project so that it can be successful and sustainable.

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For more information on this event or to request fliers, contact Lias at 601-445-7976 or llias@alcorn.edu or Virgie Pritchett, EPNEP educator at 601-786-3131 or virgie@alcorn.edu.

Dr. Dalton McAfee serves as the ASUEP administrator.

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