



“1” Million Steps *to a Healthier Mississippi*



The “1” Million Steps initiative will begin on October 2, 2017 and ends on October 31, 2017.

The sole purpose of this initiative is to record 1 million steps in Coahoma County, Mississippi.


Who Can Participate:

- **College Faculty/Staff**
- **High School Teachers**
- **Community Organizations**

If you are interested in participating, please email the Fit for Life Coordinator at tmorton@coahomacc.edu.

CCC FIT FOR LIFE

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 **Blue Cross & Blue Shield of Mississippi Foundation**

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