**C3 Wellness Center**

The Mississippi Community College Board located at 3825 Ridgewood Road, Jackson, MS was recently awarded a second-year wellness grant from the Blue Cross Blue Shield of Mississippi Foundation. The Foundation grants have enabled us to maximize our wellness efforts as well as envelop our employees with healthy alternatives and opportunities.  The indoor wellness center has been very successful and we look forward to the expanded success of our wellness program through the many opportunities made possible with our new outdoor facility.

Our 2020 intent/purpose is to continue promoting health and wellness in an active and engaging environment. We eagerly anticipate the upcoming installation of our next project; a complex-wide accessible Bike Share System.

**What is the Bike Share System?**

This is a service in which bicycles are made available for shared use to individuals (you) on a short term basis. They will be docked on-site and available for use during C3 Wellness hours.

Bicycles are a healthy and sustainable way for employees to exercise and get around campus. Bikes offer a unique way to build exercise into a daily routine to help improve employee health – which studies have shown to reduce sick days, increase mental alertness, and improve decision-making.

There will be eight total bicycles on our campus. Five bicycles will be located on the courtyard side of the IHL building (Bike Share docked-style) and three bicycles will be located in front of the Mississippi Library Commission (individual bikes - not part of the Bike Share docked-style system). Bicycles at both locations will be available to all R&D campus employees.

The C3 wellness bicycles are solar powered and the weather-sealed locks are controlled by a smartphone App. Just select a bike, and the App unlocks the bike from the docking station automatically using your phone's Bluetooth.

Each rider must review the C3 Bicycle Rules and have completed the C3 Wellness Waiver prior to bicycle use. Both forms will be required before bicycle use. If you have a pin code, and you have already signed a C3 Wellness Waiver, then you will only be required to review and sign the C3 Bicycles Rules form.

Please contact the C3 Ambassadors, Shana Hansen & Cynthia Jiles at C3Wellness@mccb.edu if you have any questions.