



# Get Active, Get Super!

## Mississippi Children's Museum – Meridian hosts SUPER-lympics

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### **MISSISSIPPI CHILDREN'S MUSEUM - MERIDIAN**

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**Meridian, Miss.** – Show off your skills at the Mississippi Children's Museum – Meridian's (MCM - Meridian) SUPER-lympics presented by Baptist Anderson Regional Medical Center on Saturday, May 3 from 10:00 a.m. to 3:00 p.m. Step inside MCM-Meridian SUPER-lympic Village for hands-on, educational games and activities promoting both physical and mental health. The day will kick off with an Opening Ceremony, followed by MCM's SUPER-lympic Games, where children will focus on three priorities: physical activity, healthy eating, and social/emotional health.

For young children, these physical activities will improve fine and gross motor skills, spatial awareness, and agility, while older children will have the opportunity to increase their flexibility, aerobic fitness, and muscle strength.

#### **Featured Activities & Guests:**

- Golf Putting Green
- Basketball
- Fitness and Exercising Programs
- Games in the Garden
- Miss Mississippi, Becky Williams
- Meridian Community College Dance Team

#### **Through this event, MCM-Meridian strives to:**

- **Inspire** children and families to implement easy, healthy lifestyle habits through fun, educational activities focusing on the benefits and importance of physical and mental health.
- **Enhance** accessibility and engagement between families and local healthcare providers.
- **Empower** children and families with the knowledge and resources necessary to live a healthy lifestyle.

MCM - Meridian strives to provide unparalleled experiences through innovative programs, special events and permanent exhibitions targeted to reach children during critical learning years. All activities are included with \$10 general admission or museum membership. To view a full schedule of activities for the day, visit [www.mcmmeridian.org](http://www.mcmmeridian.org).

### **About the Mississippi Children’s Museum - Meridian**

The Mississippi Children’s Museum - Meridian (MCM-Meridian) is the East Mississippi satellite campus of the Mississippi Children’s Museum located in Jackson, MS (MCM-Jackson)—a 501(c)3 nonprofit organization that creates unparalleled experiences to inspire excellence and a lifelong joy of learning. MCM-Meridian is a 25,000-square-foot facility with exhibit space designed around five primary initiatives: Literacy, STEAM, Health and Nutrition, Cultural Arts, and Mississippi History woven throughout all galleries. Outdoors is a 25,000-square-foot exhibit gallery that allows children a safe and magical space to explore and enrich the learning experience. The museum’s exhibits, programs, and outreach opportunities provide engaging, hands-on activities for children of all ages. MCM – Meridian is a strategic part of MCM-Jackson, which is dedicated to inspiring all of Mississippi’s children from all backgrounds to discover and achieve their potential. Both museums offer excellent resources for children, families, and educators, such as the Launch into Learning afterschool program, professional development for educators, and innovative literacy and language development programs like Talk from the Start and Reach Out and Read. MCM-Jackson and MCM-Meridian have received numerous awards, including the Institute of Museum and Library Services National Medal, the Mississippi Tourism Association Governor’s Award for Travel Attraction of the Year, and the USA Today’s 10Best Travel Award for Best Children’s Museum. To learn more about MCM-Meridian, please visit their website at [www.mcmmeridian.org](http://www.mcmmeridian.org).

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