



MS Children's Museum Traveling Exhibit, Wonder of Wellness, Opens at Indianola Community Wellness Center

MISSISSIPPI CHILDREN'S MUSEUM

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(Indianola, Miss.) – The Indianola Community Wellness Center is proud to announce the opening of the Mississippi Children's Museum's (MCM) popular traveling exhibit, *Wonder of Wellness*. This exhibit will be open for play October 20, 2025 to January 26, 2026.

The *Wonder of Wellness* exhibit is designed to help Mississippi's children and families better understand the importance of healthy habits in physical, mental, and emotional health through interactive, play-based learning. The exhibit emphasizes the role of the brain in overall wellness, helping children visualize how their personal choices impact brain development and lifelong health.

"We are thrilled the *Wonder of Wellness* exhibit is coming to the Indianola Community Wellness Center and grateful for the partnership with the Mississippi Children's Museum," said Keri Baldwin, Manager of the Indianola Community Wellness Center. "The exhibit will allow area children to experience a unique, hands-on approach to Wellness education. Not only will children garner wellness knowledge, but they will do so through out-of-the-box teaching techniques that are fun and engaging."

Through immersive activities, children and their caregivers can explore topics like nutrition, exercise, and emotional regulation. By highlighting the brain as the focal point of development, the exhibit empowers families to create healthy habits together that support both mental and physical health.

"*Wonder of Wellness* is a special exhibit created by MCM in collaboration with an advisory group of Mississippi health and education experts," said Susan Garrard, President and CEO of the Mississippi Children's Museum. "It is designed to help children build a foundation for lifelong well-being—supporting their physical, social, and emotional health. We are thrilled to bring this exhibit to communities across Mississippi, especially to those in the Mississippi Delta, where access to innovative health education resources can make a lasting impact."

The exhibit aligns with MCM's mission to improve health outcomes for Mississippi's children by increasing knowledge and awareness of key health topics. This hands-on exhibit was made possible through a grant from the Institute of Museum and Library Services as part of their Community Catalyst Initiative and produced in collaboration with 16 local organizations dedicated to the health and well-being of Mississippi's children.

Wonder of Wellness is one of many traveling exhibits offered through MCM Travels. Learn more about this exhibit [HERE](#).

Indianola Community Wellness Center Hours of Operation

Monday – Friday
6:00 a.m. – 7:00p.m.

School field trips can be booked at <https://doodle.com/meeting/participate/id/dwgywrJd/vote>. Families are welcome to come during normal business hours, membership not required. Visit indianolawellness.com for more information.

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About the Mississippi Children’s Museum

The Mississippi Children’s Museum (MCM) is a 501(c)3 nonprofit organization with a mission of creating unparalleled experiences to inspire excellence and a lifelong joy of learning in all children. MCM’s two award-winning museums in Jackson and Meridian collectively offer over 100,000-square feet of exhibits and educational programming designed around five primary initiatives, Literacy, STEAM, Health and Nutrition, Cultural Arts, and Mississippi Heritage – the keys to helping our children mature into healthy and productive adult learners. MCM offers exceptional resources for children, families, and educators through MCM at Home virtual programming, traveling exhibits and programs, community outreach, *Launch into Learning* afterschool program, professional development for educators, and *Talk from the Start* and *Reach Out and Read*, initiatives for parents and caregivers to promote language development in children from birth to five years old.

MCM is honored to have received an Institute of Museum and Library Services National Medal, the Mississippi Tourism Association Governor’s Award for Travel Attraction of the Year, and USA Today’s ‘10Best Travel Award for Best Children’s Museum. Learn more: www.mschildrensmuseum.org

About Indianola Community Wellness Center

With a generous grant provided to South Sunflower County Hospital Foundation by the Blue Cross & Blue Shield of Mississippi Foundation, residents of Indianola, Sunflower County and surrounding counties can look forward to participating in engaging activities designed to help individuals and families lead healthy lifestyles. Located at the corner of Moody Avenue and East Baker Street, the Indianola Community Wellness Center provides new and exciting opportunities for health, nutrition and fitness in the heart of the Delta. The Indianola Community Wellness Center is an extension of the Indianola Family Medical Group, a Blue Primary Care Home, to support participants’ fitness, nutrition and overall health goals. Indianola Family Medical Group providers can now offer patients a wellness plan that includes use of the Wellness Center at no cost.