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FOR IMMEDIATE RELEASE
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**NMMC WELLNESS CENTER
TO HOLD FREE EVENTS IN FEBRUARY**

TUPELO, Miss.—North Mississippi Medical Center’s Wellness Center has planned free events in February to help area residents improve their physical fitness and well-being.

The events include:

- Hula Hoop Demonstration and class, 6:30 p.m. Feb. 10 in the aerobic room. Multi-age/multi-skill hooping class that focuses on the basics. Every 10 minutes of waist hooping burns 120 calories.
- “Bless Your Heart,” 10:30 a.m. Feb. 17, presented by Bob Corban, director of the NMMC Behavioral Health Center. Give yourself and your heart a break from stress this year.
- “50 + Coffee Club,” Feb. 3, 10, and 24 at 10:30 a.m., a social event for people age 50 and older.
- Family Fitness Night, Feb. 5, 12, 19 and 26 from 4-7 p.m. (Free for members only.)

All programs are open to the public, unless otherwise noted, and are held at the NMMC Wellness Center, located at 1030 S. Madison St. in Tupelo. For more information, call (662) 377-4141 or 1-800-THE DESK (1-800-843-3375).