DSU’s First Extreme Health Champion!

Group: Mississippi Hikers, Backpackers, and Climbers
Activity: hiking, hang gliding, skydiving, climbing, canyoneering, canoeing, kayaking
Goal: to complete the Smoking Cessation program
Participants: whoever wants to join
Contact: Don Ehrhardt: 846-4760

I recently climbed the second highest mountain in the lower 48 states!

Faculty, staff, and students across campus who wish to become leaders, promoters, and facilitators of physical activity or healthy nutrition will be known as “health champions.” Action plan forms can be found in HPER-Wyatt Center and Ewing 367.