

Fitness Matters

Health Promotion for Faculty and Staff
1179 Leon Levine Hall of Health Sciences
(828)-262-6314
healthpromotion.appstate.edu



Important Dates:

Summer Hours

Mon-Thurs: 8:00 am – 6:00 pm
Friday: 8:00 am – 3:00 pm

CLOSED

Thursday, July 4

Upcoming Events:

Blood Screening

Tuesday, June 11
Interprofessional Clinic, LLH, 132

Faculty/Staff Blood Drive

Friday, June 21
Linville Falls Room, PSU

Please call our office to schedule appointments for these events.



Join Health Promotion's Google Group and our Facebook Page to stay up to date on everything HPFS!

HP Health & Wellness Incentive June 3-28

Do you know the difference between "Health" and "Wellness?"

Get a chance to learn the difference this summer by participating in Health Promotion's Health and Wellness incentive program, during the month of June.

Health Promotion will offer a variety of opportunities to enlighten you about your health and wellness through stress management, preventive care measures, educational means, recreational and social activities.



For a complete list of activities, times and description of events, click here [HP Health and Wellness Incentive](#) or visit our website: healthpromotion.appstate.edu

