

March 2018

Spring Break Hours

Monday – Thursday
8 am - 5 pm

Friday
8 am - 3 pm

No group Exercise Classes

Upcoming Events

Blood Screenings

Wednesday, March 14
Tuesday, March 27

Vison Screening

Friday, March 16

Mobile Mammogram

Monday, April 9
Tuesday, April 10

Blood Drive

Friday, April 6
Linville Falls Room
Plemmons Student Union

Call 262-6314 to schedule an appointment.

Daylight Savings Time
Begins Sunday, March 11



Fitness Matters



Health Promotion for Faculty & Staff

530 Rivers St. 12 Varsity Gym

(828) 262 – 6314

healthpromotion.appstate.edu

Save Your Vision Month!

National Save Your Vision Month designates the month of March to promote eye health. This year, the American Optometric Association is promoting awareness around digital eyestrain and the importance of receiving regular, comprehensive eye exams from a doctor of optometry.

Call Health Promotion at (828) 262-6314 and sign up for a **FREE** vision screening.



Tom Moore Memorial 5K

Mayors Clawson – Burnley Park, Boone Greenway Trail

Saturday, April 28

9:00 am

To register, or for more information, go to 5K.appstate.edu, or stop by Health Promotion.

