

Fitness Matters

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



Important Dates:

Spring Break Hours:

Monday-Thursday: 8 am – 5 pm

Friday: 8am – 3pm

No Group Exercise Classes

Blood Screening:

Thursday, March 14

Interprofessional Clinic
132 Leon Levine Hall

FREE Vision Screening

Friday, March 22

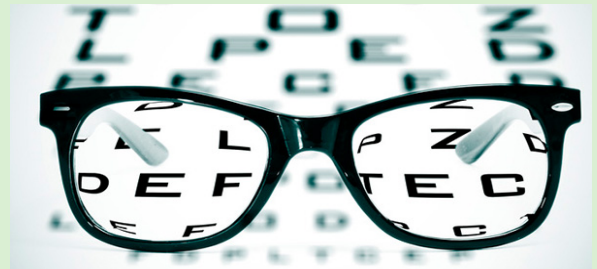
Interprofessional Clinic
132 Leon Levine Hall

Call 262-6314 to make an appointment.

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.

All info credited to: <https://www.aoa.org>



Tom Moore Memorial 5K

Saturday, April 13

Leon Levine Hall

Appalachian State University



**Huntington's Disease
Society of America**

8 A.M. REGISTRATION | 9 A.M. START
ONLINE REGISTRATION: hdsa.org/thwboone



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HPFS!