December 9, 2011

CPR Class*
9 am–12 noon
$25; Must register and pay by December 7.

Blood Drive*
10 am–2:30 pm.
Linville Falls Room of the Plemmons Student Union.

First Aid Class*
1–4 pm
$25; Must register and pay by December 7. If you want to take both CPR and First Aid classes, we are offering them for $35 total.

* To schedule an appointment for any of these classes/events, please call 262-6314.

December 14, 2011

Blood Screening
7:15–9 am.
(Multi-chemistry, Complete Blood Count, PSA, Thyroid Panel, and/or HGBA1C)

November 28 – December 14, 2011

Toy Drive
We are asking for new toys to be donated for Santa’s Toy Box and Toys for Tots. For more information call 262-6314.

Rose Matuszny
Our participant of the month has been working in the Reading and Special Education Department for eight and a half years. In her spare time, Rose enjoys camping, hiking, canoeing, photographing nature, sewing, cooking and gardening. When at Health Promotion, Rose can be found working out on the elliptical machine and treadmills doing interval training 2-3 days a week, or in the weight rooms for strength training. In the past, Rose has taken Aerobics classes and hopes to try a spin class in the future. Rose tells us that she likes that the HP staff will attend to your questions and are willing to help you understand how to reach your physical health and strength goals. She also enjoys seeing other members there, as they encourage each other to make working out a daily habit. Some goals Rose has accomplished includes, making time to visit Varsity Gym no matter what as she achieves her goal of losing weight and getting in better shape. By reaching these goals, she says that her stress is more bearable and she feels happier. Congratulations, Rose! Keep up the hard work!