

Fitness Matters

July 2012



Appalachian State University
www.healthpromotion.appstate.edu
828-262-6314

PARTICIPANT OF THE MONTH



**“Classes would be a benefit for anyone on any level, and at any age”
- Margaret Barnes**

Congratulations to Margaret Barnes, who is the participant of the month for July! Margaret is retired after 31 years of working in the Registrar’s Office. Her hobbies include walking, aqua-size, being an English second language tutor, and gardening. She participates in the Strong Women class at Health Promotion. She enjoys the availability and frequency of classes offered by Health Promotion. She reports that since the classes have made her more active, and has helped influence her activities to better her osteoarthritis.

Thank you Margaret, and keep up the excellent work!

Events this Month:

- 18 Lunch and Learn *
(Eating Healthy in a Fast Food World)
Hubbard Center,
Rm 1028, ABH
12:00 noon
- 20 Blood Drive *
Linville Falls Room
10 am to 2:30 pm
- 26 Blood Screening *
7:15 am to 8:50 am

* Registration required!
Call 262-6314 to register

BLOOD!! BLOOD!! BLOOD!!

Blood Screening: Health Promotion is offering a blood screening on Thursday, July 26, from 7:15 to 8:50 am. For a full description of all blood screenings offered, and the cost, please visit our webpage at www.healthpromotion.appstate.edu/screenings. There will be an administration fee of \$10 to cover the phlebotomist’s services and supplies. Registration is required. For more information and to register, contact Health Promotion at 262-6314.

Blood Drive: Health Promotion is sponsoring a Faculty/Staff Blood Drive on Friday, July 20, from 10 am to 2:30 pm. The blood drive is located in the Linville Falls Room of the Plemmons Student Union. Appointments are highly encouraged. Contact Health Promotion for Faculty and Staff at 262-6314 to schedule your appointment.

Special Points of Interest

- Fitness Assessments are currently being offered. Call 262-6314 for an appointment
- Health Promotion is now air-conditioned!
- Zumba classes will not be offered during second session summer school!