

# Fitness Matters

## Special Reminders

**July 4<sup>th</sup> – Closed for University Holiday**

**New Summer Group Exercise Schedule**

Visit <http://healthpromotion.appstate.edu/exercise-fitness/schedule>

## Upcoming Events

### **Stop! Drop! & Roll! 5K Run/Walk**

Saturday, July 6, 8:00 AM

Fire Department Station 2

State Farm Road, Boone, NC

Sign up at Health Promotion Office or

<http://beta.active.com/boone-nc/running/races/stop-drop-and-roll-5k-2013>

### **Blood Drive – Wednesday, July 10**

10am – 2:30pm, Linville Falls Room

**Appointments highly recommended!**

Call 262-6314 to schedule appointments

### **Blood Screening – Thursday, July 11**

7:15am – 9am, 12 Varsity Gym

**Appointment required!**

Call 262-6314 to schedule appointments

For screenings offered visit <http://healthpromotion.appstate.edu/screenings>