Upcoming Events

**Blood Screening**
Wednesday, July 2
7:15 am—8:50 am
12 Varsity Gym

Appointment Required!
Call 262-6314 to schedule an appointment

**Stop! Drop! & Roll! 5k**
Saturday, July 5
8:00 am, Rain or Shine
Boone Fire Department Station 2
State Farm Road, Boone, NC

**Blood Drive**
Wednesday, July 9
10 am—2:30 pm
137 AB Calloway Peak/Macrae Peak Room (Plemmons Student Union)
Call 262-6314 to schedule an appointment!

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**Participant of the Month: Meladee Garst**

Meladee is a psychologist in the Counseling and Psychological Services Center on campus. She has been at ASU for nearly a year.

Meladee likes to spend time with family and friends, cooking, shopping, watching and attending sports events, reading crime and psychological thriller books, hiking, and anything involving water and the sun!

**What do you like most about Health Promotion?**
“I have liked the support I have received from the two personal trainers I have worked with in HP, Logan and Sam. They have helped me focus on getting my health back on track, pushing me to see my fitness potential, assisted me in feeling better about myself, and overall helped me incorporate fitness into my daily life. I now look forward to working out and feel how truly important it is! It was also nice to see other faculty/staff like me and feel like I have a place to work out without being judged or worrying about running into students.”
Brown Bag Day… The Healthy Way!
Lunch & Learn Event
Friday, July 25
11:30 am—12:30 pm
Health Promotion, 12 Varsity Gym, Room 6

Eat smarter without breaking your budget or your waistline! Brown bagging your own lunch doesn’t have to be boring either. Join Miranda Williams on Friday, July 25, at 11:30 am, in Health Promotion for Faculty & Staff to learn the benefits of brown bagging your lunch, and to learn how to pack efficiently as a means to eat smart and achieve good health. For more information, or to register, contact Miranda at williamsmn3@appstate.edu.

“To eat is a necessity, but to eat intelligently is an art.”
--La Rochefoucauld

“The wise man should consider that health is the greatest of human blessings. Let food be your medicine.”
--Hippocrates

“Those who think they have no time for healthy eating will sooner or later have to find time for illness.”
--modified from Edward Stanley (1826-1893) from The Conduct of Life