COMING IN JUNE

6th  Blood Screening
    12 Varsity Gym
    7:15–8:50 am
    Registration and 12 hour fast required!

18th  Lunch and Learn
      1028 Anne Belk Hall
      12–1 pm
      Registration required!
      For more information contact Daniel at Health Promotion

19th  Blood Screening
      7:15–8:50 am
      Registration and 12 hour fast required!

29th  CPR & First Aid
      8–12 noon and 1–4 pm
      Preregistration ends Wednesday, June 27

Call 262-6314 to register!

Blood Screenings

Health Promotion is offering two blood screenings during the month of June. The dates for these are June 6 and 19. For a full description of all blood screenings offered, and the cost, please visit our webpage at www.healthpromotion.appstate.edu/screenings

There will also be a $10 fee to cover phlebotimist and supplies.

Registration is required! The screening times available are from 7:15–8:50 am.

For more information and to register, contact Health Promotion at 262-6314.

Crohn’s and Colitis 4th Annual 5K Run

On Saturday June 9, at 9:00 am, the 4th Annual Crohn’s and Colitis 5K Run will be held at the Holmes Convocation Center. Preregistration ends June 7, which includes a $10 fee for students and $15 for non-students. Any registration after June 7 will be a $20 entry fee.

Register at www.healthpromotion.appstate.edu, Active.com, or find us on Facebook. A waiver must also be completed and turned in with registration form. Parking will be located next to the Holmes Convocation Center. Lots of door prizes, fun awards, and great people await you on Saturday, June 9…rain or shine!

For more information or questions, please contact Sherri Wilson at wilsonsl@appstate.edu or call 828-262-6314.
Congratulations to the Participant of the Month

Dr. Margaret Gregor

Dr. Gregor is an assistant professor for the IMC Team at Appalachian State. She started her Mountaineer journey 4 years ago and enjoys kayaking, hiking, weaving, knitting and reading in her spare time. When asked what classes she participates in, she replied, “Spin, personal training twice a week, and I also do cardio workouts 3-4 times a week.”

When asked about any fitness goals or achievements that she has made, she replied, “began working with Andre Vandenberg, my personal trainer, a little over a year ago. My goals were to become more physically fit and to prepare for a kayaking clinic this spring. Specifically, I wanted to develop arm and core strength so that I could learn to roll my kayak and be a stronger paddler. I think that I’m well on my way to accomplishing those goals and my overall fitness has improved a lot. As an added bonus, I’ve lost 10 pounds. The kayaking clinic is next week and I feel confident that I’m strong enough to paddle the river for 4 days.”

Congratulations, Margaret! Keep up the good work!!

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CPR and First Aid Certification Classes

CPR and First Aid classes will be taught this month at Health Promotion on Friday, June 29. CPR/AED training will be from 8 to 11 am. First Aid will be from 12 to 3 pm. The deadline to register, pay, and pickup a manual is 12 noon, on Wednesday June 27.

Call 828-262-6314 to register for the class. Fee for the CPR/AED class is $25; First Aid is $25; both classes are $35. NO REFUNDS! Immediately following the lecture and skills sessions, participants will complete a written test to become certified.

For more information please visit www.healthpromotion.appstate.edu
June is National Cancer Survival Month

The 25th annual National Cancer Survivors Day is Sunday, June 3, 2012

National Cancer Survivors Day® is an annual, treasured worldwide Celebration of Life that is held in hundreds of communities throughout the United States, Canada, and other participating countries. Participants unite in a symbolic event to show the world that life after a cancer diagnosis can be meaningful and productive.

In most areas, National Cancer Survivors Day is traditionally observed on the first Sunday in June, although this is not always possible due to scheduling conflicts and time differences.

The non-profit National Cancer Survivors Day Foundation supports hundreds of hospitals, support groups, and other cancer-related organizations that host National Cancer Survivors Day events in their communities by providing free guidance, education, and networking.

Who is a cancer survivor?

The National Cancer Survivors Day Foundation defines a "survivor" as anyone living with a history of cancer – from the moment of diagnosis through the remainder of life. National Cancer Survivors Day affords your community an opportunity to demonstrate that it has an active, productive cancer survivor population.

Source: http://www.ncsdf.org

Health Promotion is honoring National Cancer Survival Month with a special bulletin board in the facility. If you are a cancer survivor, or have a friend or loved one who is, come to 12 Varsity Gym and write your, or their, name on an ‘apple’ and staple it to the tree.

We’d love to see the tree covered in apples!