

Health Promotion for
Faculty & Staff

Fitness Matters

Special Reminders

Summer Facility Hours

Monday—Thursday

7am—6pm

Fridays: 7am—3pm

Free Fitness Assessments

June 2—June 30

Call 262-6314 to schedule
an appointment!

Upcoming Events

Blood Screening

Tuesday, June 10

7:15am—8:50am, 12 Varsity Gym

Appointment Required!

Call 262-6314 to schedule an appointment

For screenings offered visit:

<http://healthpromotion.appstate.edu/screenings>

Blood Drive

Wednesday, July 9

10am—2:30pm

Calloway Peak/Macrae Peak Room

(Plemmons Student Union)

Call 262-6314 to schedule
appointment!

Stop! Drop! & Roll! 5k

Saturday, July 5, 2014

Fire Department Station 2

State Farm Road, Boone, NC

8:00am Rain or Shine!

Registration

Early Registration: \$20

(on, or before, July 2)

Late Registration: \$25

(after July 2)

To register online visit:

<http://www.active.com/boone-nc/running/distance-running-races/stop-drop-and-roll-5k-2014>

