Special Reminders

Spring Break Hours
March 11–15
10am to 2pm
No classes will be in session

March 17
St. Patrick’s Day

April 1–2
University Holidays
Facility CLOSED!

Upcoming Events

Mammography Screening
April 22, 23, and 24
Appointment is required! *

Blood Screening
Tuesday, March 19
Time: 7:15 to 8:50 am
Appointment is required! *

*Call 262-6314 to schedule an appointment

Upcoming Activity
Fittin’ It In: Couch to Tom Moore 5K
March 18–April 26, 2013

Fittin’ It In: Couch to Tom Moore 5K, a six week walking and/or jogging program, serves as a guide to help those interested in completing a 5K (3.1 mile) event.

For more information, or to register for Fittin’ It In: Couch to Tom Moore 5K (5k.appstate.edu) please contact Jessica Brinkley via e-mail at brinkleyjl@appstate.edu.

Don’t Forget!
Sunday, March 10
Daylight Saving Time begins!
Set your clocks an hour ahead before you go to bed Saturday night.

Inclement Weather Policy:

A delayed start or cancellation of an exercise class will be announced after 6:00 a.m. All participants are asked to call Health Promotion’s office at 262-6314 to listen to the recording, or check www.neweatherclosings.com

The inclement weather declaration cannot be made any earlier than 6:00 a.m. given the required determinants.