



Health Promotion for Faculty and Staff

APPALACHIAN STATE UNIVERSITY

MARCH 2014

Blood Screening

Wednesday, March 5

Tuesday, March 18

**Appointment required*

SPRING BREAK HOURS:

Monday—Friday: 10 am to 2 pm ONLY!

No Group Exercise Classes



Inclement Weather Policy

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

Winter Olympic Challenge

Congratulations to the medalists!

Gold: Do or Donut

Silver: Touring Machines

Bronze: Physical Pant



Mark Your Calendar!

9th Annual Tom Moore 5K

Clawson-Burnley Park—Boone Greenway Trail

April 12, 2014; 9:00 am; RAIN OR SHINE!

Proceeds will go to the Huntington's Disease Society of America.

Registration fee: \$20 (on or before April 9); \$25 day of.

Long sleeve T-shirts, refreshments and door prizes available for all.

For more details go to 5K.appstate.edu

*Please make appointments with Health Promotion for Faculty and Staff by calling 262-6314.

For more information on the events, follow the link to our website below

www.healthpromotion.appstate.edu