Blood Screening
Wednesday, March 5
Tuesday, March 18
*Appointment required

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