

Health Promotion for
Faculty & Staff

Fitness Matters

UPCOMING EVENTS

Blood Screening

Thursday, May 29

7:15–9:00 am

Appointment required!
Call 262-6314 to schedule

For screenings offered visit
[http://healthpromotion.appstate.edu/
screenings](http://healthpromotion.appstate.edu/screenings)

Break Hours

May 6–May 9

8:00 am–5:00 pm

May 10

8:00 am–3:00 pm

May 15–May 17

10:00 am–2:00 pm **ONLY**

Summer Hours Begin May 20

Monday–Thursday: 7:00 am–6:00 pm

Friday: 7:00 am–3:00 pm

No Exercise Classes from May 6–May 17 Classes will **resume** May 20

Visit our website May 13 for Summer Exercise Schedule
<http://healthpromotion.appstate.edu/exercise-fitness/schedule>

IMPORTANT NOTICE!

On May 13 and 14, Health Promotion will be **CLOSED** due to the refinishing of the gym floor. We may not be open the remainder of the week due to remaining fumes. Check email on Tuesday to see schedule for the remainder of the week. IF we are able to open, the locker rooms will NOT be available that week.

