



Fitness Matters

Health Promotion for Faculty & Staff

October 2014

Upcoming Program

Maintain, Don't Gain: Turkey Trot
October 13—November 19

This will be a six-week program focusing on maintaining your weight, and participating in physical activities, preventative health, healthy diet choices, and community outreach activities.

High achievers in the point based system of the program will be entered into a drawing to win a FREE turkey!

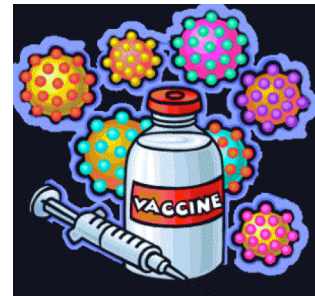
For more information, or to register for Maintain, Don't Gain: Turkey Trot, please contact Ashley Transue via email at transueab@appstate.edu.



Tdap Vaccine Clinic

Friday, October 10
20 vaccines available
between 9:00 and 9:30 am
12 Varsity Gym

***Appointment Required!**
Call 262-6314 to schedule



Blood Screening

Wednesday, October 8
Thursday, October 23
7:15—8:15 am
Appointment required!
Call 262-6314 to schedule.

6th Annual

Black Saturday 5K

Hosted by ASU Recreation
Management Association
Saturday, November 8 at 8 am
Holmes Convocation Center
For more info, visit
www.5k.appstate.edu

Visit <http://www.healthpromotion.appstate.edu>