Blood Screenings (Appointment Required)
- Tuesday, November 3 AND Wednesday, November 18
- To schedule an appointment, call (828) 262-6314.

Black Saturday 5K
- Saturday, November 28 @ 8:00am.
- $15 for students, $20 for non-students before Friday, November 20, $25 on day of event.
- Go to 5k.appstate.edu for more information

Flu Clinic (Flu & Tdap)
- Friday, November 6.
- 8:30am—11:45am
- Varsity Gym, Room 6
- Must bring hardcopy of insurance card and ASU photo I.D.
- By appointment only (call (828) 262-6314 to schedule)

Blood Drive (Appointment Required)
- Friday, November 20
- 10:00am - 2:30pm
- Plemmons Student Union, Linville Falls Room

Participant of the Month
- Congratulations to Ron Talley for being chosen as this month’s Participant of the Month!
- If you would like to nominate someone for the month of December, please let us know.