

HEALTH PROMOTION FOR
FACULTY AND STAFF

530 RIVERS STREET
ROOM 12 - VARSITY GYM

(828) 262-6314

*We will be closed
November 27 and
November 28 for
Thanksgiving*

Fitness Matters

NOVEMBER 2015

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.