UPCOMING EVENTS

BLOOD SCREENING
(Multi-Chemistry, CBC, PSA, Thyroid Panel, HGB1C)
Wednesday, November 9
7:15–9:00 a.m.
APPOINTMENT REQUIRED!

TETANUS VACCINE
Friday, November 18
8:30–10:30 a.m.
APPOINTMENT REQUIRED!

Call Health Promotion to schedule your appointment! (828) 262-6314

Participant of the Month
Jennett Reece

Jennett has been working at Appalachian State University for 12 years in Student Accounts. In her free time, Jennett likes to Line Dance, ride motorcycles, walk and learn about being healthy. She is also interested in doing activities with groups, along with being a support system for others. When she visits Health Promotion, she likes to take our Line Dancing class and the 5K class. She says that the staff at Health Promotion is always willing to help you. She says they also give you positive feedback and will assist you in any way possible. Jennett says that Health Promotion is an open door if you use it. Jennett has achieved many goals, one including surviving cancer. She says that with help and support from her friends and Health Promotion, she has become stronger, and they have helped her to set goals for herself. The most recent goal she accomplished was walking in the Black Saturday 5K, and she is now looking for a more challenging goal for the upcoming winter. Congratulations, Jennett! Keep up your hard work!!

Health Promotion Holiday Hours

Wednesday, November 23–CLOSED
Thursday, November 24–CLOSED
Friday, November 25–CLOSED