

Fitness Matters

Health Promotion for Faculty and Staff
12 Varsity Gym, Room 6
Mon-Thurs: 7am - 7pm, Friday: 7am - 3pm
(828) 262 - 6314
healthpromotion.appstate.edu



Upcoming Events



November 4:

- Employee Health Fair
Grandfather Mtn. Ballroom
9am - 2pm
- Flu Clinic
Roan Mountain Rm, PSU
9am - 2pm
Appointment Required
Call Ext. 3146

November 9:

- Blood Screening
12 Varsity Gym Rm. 6
7:15am - 8:15am
Call Ext: 6314

November 18:

- Flu Vaccine Clinic
12 Varsity Gym Rm. 6
8:30am - 10:30am
Appointment Required
Call Ext. 3146

December 2:

- CPR / First Aid Class 12
Varsity Gym Rm. 6
8:00am - Noon
Call Ext. 6314

**Facility will be closed on Friday, November 4, for Employee Health Fair!*

- November 23: Open 7am - 3pm
- November 24 & 25: Closed for University Holiday

November is American Diabetes Month

We can use this month to raise awareness about diabetes, risk factors, and encourage people to make healthy changes!

- *Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.*
- *One in 11 Americans has diabetes — that's more than 29 million people. And another 86 million adults in the United States are at high risk of developing type 2 diabetes.*
- *The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight.*

Source: healthfinder.gov