

Health Promotion for
Faculty & Staff

Fitness Matters

Holiday Hours:



Wednesday, Nov. 21
Office Closed

Thursday, Nov. 22
University Holiday

Friday, Nov. 23
University Holiday

Inclement Weather Policy:

A delayed start or cancellation of an exercise class will be announced after 6:00 a.m. All participants are asked to call Health Promotion's office at 262-6314 to listen to the recording, or check www.ncweatherclosings.com

The inclement weather declaration cannot be made any earlier than 6:00 a.m. given the required determinants.



Upcoming Events:

Saturday, November 10

Black Saturday 5K: Holmes Convocation Center
Time: 8:00 AM Rain or Shine

Tuesday, November 13

Blood Screening from 7:15-8:50 a.m.*
Appointments are required!

Friday, November 16

CPR Class: This class is offered from 8:00-11:00 a.m.
Appointments are required to take this class!

Keep in Mind!

Wednesday, December 5

Blood Screening from 7:15-8:50 a.m.*
Appointments are required!

Friday, December 14

Blood Drive: 10:00 a.m.-2:00 p.m.*
Appointments are required!

*Call 262-6314 to schedule an appointment!

Black Saturday 5K: Registration Information

Entry Fee:	Before November 10	Day of the Race
	\$10.00 Students	\$20.00 for Everyone
	\$15.00 Non Students	

Make all checks payable to ASU RMA Scholarship Fund and mail completed registration form with payment to:

Sherri Wilson
Appalachian State University
Health Promotion for Faculty and Staff
P.O. Box 32069
Boone, NC 28608