



**Health Promotion for Faculty & Staff  
November 2014**

# Fitness *Matters*

## Upcoming Events

### **November 5 & 18**

Blood Screening

7:15—8:15 am

12 Varsity Gym

\*Appointment required.

Please call 262-6314.

### **November 8**

Black Saturday 5K

8:00 am

Holmes Convocation Center

\*For more information,  
please visit

[5k.appstate.edu](http://5k.appstate.edu).

### **November 14**

Blood Drive

10:00 am—2:30 pm

Calloway Peak room, PSU

\*Walk-ins welcome,  
appointments highly  
recommended.

### **November 21**

Maintain, Don't Gain

Potluck Lunch & Learn,

11:00 am

12 Varsity Gym, Room 6

### **November 26, 27, 28**

Facility open 7 am—3 pm on  
Wednesday ONLY!

CLOSED Thursday & Friday!