

# Fitness Matters

## Health Promotion for Faculty and Staff

12 Varsity Gym

(828) 262-6314

Fall Hours: Monday-Thursday: 7am – 7pm  
Friday: 7 am – 3 pm

Health Promotion hours for Fall Break are:  
October 13, 8 AM – 5 PM  
October 14, 8 AM – 3 PM



## October is National Breast Cancer Awareness Month

Breast cancer starts when cells in the breast begin to grow out of control. These cells usually form a tumor that can often be seen on an x-ray or felt as a lump. The tumor is malignant (cancerous) if the cells can grow into (invade) surrounding tissues or spread (metastasize) to distant areas of the body. Breast cancer occurs almost entirely in women, but men can get it, too.

<http://www.cancer.org/cancer/breastcancer/detailedguide/breast-cancer-what-is-breast-cancer>

*\*\*For those participants who normally get their mammograms through Novant's Mobile Unit in the Fall, you are moved to the Spring. Please mark your calendars for March 27 and 28, 2017\*\**

### October Events

Blood Screening	<b>Thursday, October 20</b> 7:15 am – 8:15 am
Blood Drive	<b>Friday, October 21</b> 10:00 am – 2:30 pm Linville Falls Room/PSU Call <b>262-6314</b> to Schedule an Appointment

### Upcoming November Events

Flu Vaccine Clinic	<b>Friday, November 4<sup>th</sup></b> 9:00 am – 2:00 pm 122 Roan Mtn. Room/PSU Please Call: <b>262-3146</b> to Schedule an Appointment or stop by HP!
Employee Health Fair	<b>Friday, November 4<sup>th</sup></b> 9:00 am – 2:00 pm Grandfather Mtn. Ballroom

Call (828) 262-6314 or stop by Health Promotions, 12 Varsity Gym to sign up for the blood screening and blood drive today!