

Fitness Matters

Health Promotion for Faculty and Staff
530 Rivers St, 12 Varsity Gym
(828)-262-6314
healthpromotion.appstate.edu



October 2017

Fall Break Hours:

October 12: 8:00am – 5:00pm
October 13: 8:00am – 3:00pm

Important Dates:

Blood Screenings

Tuesday, October 10
Wednesday, October 25
7:15 am – 8:15 am
12 Varsity Gym

Employee Health Fair

Friday, October 27
9:00am – 2:00pm
Grandfather Mtn. Ballroom, PSU

Faculty/Staff Blood Drive

Friday, October 20
10:00am – 2:00pm
Linville Falls Room, PSU

(Please call 262-6314 for
an appointment.)



Employee Flu Clinic

Don't Forget to Sign up for Our Annual Employee
Flu Clinic!



Friday, October 27, 9:00am – 2:00pm
Roan Mountain Room, Plemmons Student Union

Please call between 8:00am – 4:00pm Mon. – Thurs.
Call ext. 3146 for an appointment between 9:00am – 11:15 am
Call ext. 8672 for an appointment between 11:30 am – 1:45pm

Please bring your photo identification & insurance Card

Breast Cancer Awareness Month

- October is Breast Cancer Awareness Month, an annual campaign to raise awareness of breast cancer risks, the value of screening and early detection, and treatment options available to women and men who are diagnosed with one of the many forms of breast cancer.
- More than 249,000 people in the United States are diagnosed with invasive breast cancer every year, and nearly 41,000 die from the disease.

Source: <https://www.everydayhealth.com/breast-cancer/breast-cancer-awareness-month/>

