Fitness Matters
Health Promotion for Faculty and Staff
April 2014

**BLOOD DRIVE**
April 25
10:00AM until 2:15PM
Linville Falls Room
Plemmons Student Union
Availabilities starting at 10:30
Call 262-6314 to schedule an appointment

**UNIVERSITY HOLIDAY**
April 21 and 22
Health Promotion Closed

**BLOOD SCREENINGS**
April 2 and April 15
Please make an appointment by calling 262-6314

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**Mark Your Calendar!**
9th Annual Tom Moore 5K
Clawson-Brunley Park-Boone Greenway Trail
April 12 @ 9AM
RAIN OR SHINE
Proceeds will go to the Huntington’s Disease Society of America.
Registration fee: $20 (on or before April 9); $25 day of.
Long sleeve T-shirts, refreshments and door prizes available for all.
For more details go to 5K.appstate.edu

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**Mammography Screening**
April 28 and 29, 2014
Women with appointments should have information packet filled out and returned to Health Promotion for Faculty and Staff by April 4 @3:00PM.
If you would like to make an appointment, call Health Promotion @ 262-6314

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NOVANT HEALTH