



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



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

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

