

Fitness Matters

June 2016

530 Rivers Street
Varsity Gym Room 12
(828) 262-6314



Men's Health Month & Aphasia Awareness Month

Men's Health Month:

- Goal is to increase awareness of common preventable sickness among Men and Boys.
- "Wear Blue Day" is the day before Fathers Day, to raise additional awareness.

National Aphasia Awareness Month:

- Aphasia is language disorder that affects a person's ability to communicate.
- Can occur after stroke or head injury.
- Speech therapy is the best-known treatment.

Blood Screenings:

- Tuesday, June 7
- Wednesday July 13

Varsity Gym Room 12
7:15am – 8:15am

Blood Drive:

- Friday, June 24
- Student Union Linville Falls
Room 226

Call: (828) 262-6314 to schedule an appointment for the Blood Drive or a Blood Screening.

