

# Fitness Matters

Health Promotion for Faculty and Staff  
1179 Leon Levine Hall of Health Sciences  
(828)-262-6314  
healthpromotion.apstate.edu



## Important Dates:

### August 12 - 16

Mon-Thurs: 8:00 – 5:00pm

Friday: 8:00 – 3:00pm

No exercise classes or personal training

### Fall Hours begin Aug 19

Mon-Thurs: 8:00 – 7:00pm

Friday: 8:00 – 3:00pm

### **CLOSED: SEPT 2**

*For University Holiday*

---

## Upcoming Events:

### Blood Screening

Thurs Aug 22: 7:15 – 8:15am

Interprofessional Clinic, LLH

### Blood Drive:

Friday Sept 6: 10:00 – 2:00pm

Linville Falls Rm, PSU

Please call our office to schedule an appointment for these events.

## Psoriasis Awareness Month

kidscures.org

### August is Psoriasis Awareness Month

Psoriasis is defined as a common skin problem that presents as silvery dry patchy skin that is itchy and painful. Psoriasis may be caused by the immune system overreacting, causing inflammation and flaking of the skin to occur.

According to [Psoriasis.org](http://Psoriasis.org), “psoriasis affects as many as 7.5 million people in the U.S. ....one third of those who get psoriasis are under 20 years old when the disease first surfaces.”

Some triggers for psoriasis can be other infections such strep throat, bronchitis or tonsillitis. Other triggers can be cold weather, stress, obesity, certain medicines, and skin irritations. Psoriasis doesn't truly go away, but with treatment it can go into remission.

All info credited to: [www.kidscures.org](http://www.kidscures.org)



Join Health Promotion's Google Group and our Facebook Page to stay up to date on everything HPFS!