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.

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, “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