



# Fitness Matters

## October 2015

(828) 262-6314

530 Rivers Street, Boone N.C. 28607

### Blood Screenings

- Wednesday, October 14.
- Appointment required.
- To schedule an appointment, call (828) 262-6314.

### Flu Clinic (By Appointment Only)



- Friday, October 30.
- 8:30am - 3:00pm.
- Plemmons Student Union, Grandfather Mountain Ballroom.
- Appointment required, call ext. 3146 for an appointment between 8:30am – 11:45am. Call ext. 2934 for an appointment between 12:00pm – 3:00.
- Must bring hardcopy of insurance card and ASU photo I.D.

### Employee Health Fair

- Friday, October 30.
- 8:30am – 2:30pm.
- Plemmons Student Union, Grandfather Mountain Ballroom.



### /// Event to Remember ///

### Black Saturday 5K

- Saturday, November 28 @ 8:00am.
- \$15 for students, \$20 for non-students before Friday, November 20, \$25 on day of event.
- Go to [5k.appstate.edu](http://5k.appstate.edu) for more information.

