



Health & Fitness Weekly Wellness Message

Just a quick note to let you know that we will begin the Executive Health Assessments / treadmill testing again on the week of November 14th. Sign-up sheets will be located near student mailboxes.

This is our **final push** to try and rally support for the Armed Services Blood Program. The blood drive team will be here **TODAY** accepting donations from 1000-1400!! Stop by Building 59 (ICAF), room 107 to “**give the gift of life**” – you can save up to 3 lives with a single donation. You can give blood every 8 weeks. Your generosity can make a difference!!

ELIGIBILITY:

To find out if you are eligible to donate, click on the following link:

http://www.militaryblood.dod.mil/Donors/can_i_donate.aspx

FOR ANY QUESTIONS YOU MAY HAVE RELATED TO FOREIGN TRAVEL:

http://www.militaryblood.dod.mil/ncrbethesda/pdfs/ASBBCForm044_ForeignCountryTravelInfo_Oct2010.pdf

FOR APPOINTMENTS:

Donors can go to www.militarydonor.com to register for an appointment. The sponsor code is McNair.



Want to stay informed about what's happening in Health and Fitness – become a fan of ours on FACEBOOK! Go to <http://www.facebook.com/pages/Washington-DC/National-Defense-University-Health-and-Fitness-Program/128551210497738> and click on “Sign Up.”

