March 2017

Important Dates:
Blood Screenings
March 7 & 30
7:15 am – 8:15 am
12 Varsity Gym

Mobile Mammography Screenings
March 27, 28 & 29
(Please call 262-6314 for an appointment.)

Nutrition Month

- Rather than frying meat, bake, grill or broil it
- Cut back on extra fat, such as butter or margarine on bread, sour cream on baked potatoes, and salad dressings. Use low-fat or nonfat versions of these condiments.
- Eat plenty of fruits and vegetables both with your meals and as snacks. Read nutrition labels on foods before you buy them.
- Drink no or low-calories beverages such as water or unsweetened tea. Sugar-sweetened drinks can bring a lot of added sugar and calories to your diet.

All information credited to: familydoctor.org

12th Annual Tom Moore 5K:
Saturday, April 1 at 9 am  Clawson-Burnley Park on the Boone Greenway Trail.
Cost is $20 for early registration (on or before March 29) and $25 for late registration.
For more information or to register visit: hdsa.org/thwboone

Happy St. Patrick's Day!