Spring in Boone!

With Spring right around the corner, now is the time to get out and be active! Check out these tips and ideas to stay active and enjoy the outdoors in Boone:

- **Expect Change**: Don’t be surprised to see a few more cold days before Spring is in full swing. Keep an eye on weather and plan accordingly!
- **Walk/Hike**: Boone offers a number of amazing trails that allow you not only to stay active, but enjoy all the wonderful views Boone has to offer. Grab a friend and go on a hike!
- **Stay Hydrated**: You need about 2 liters of water every day, and as warmer weather leads to sweat, staying hydrated is more important than ever!

**Upcoming Events**

- **Blood Drive**
  Linville Falls Room, PSU
  Friday, April 6
- **Blood Screenings**
  12 Varsity Gym
  Wednesday, April 11
  Tuesday, April 26
- **CPR/First Aid Class**
  12 Varsity Gym
  Friday, April 13

Call 262-6314 to schedule appointments for these events.

**Tom Moore 5k Run/Walk for Huntington’s Disease**

Clawson-Burnley Mayors Park, Boone Greenway Trail
Saturday, April 28
9:00AM

To register, or for more information on the 5k, go to 5k.appstate.edu.
For more details on Huntington’s disease, go to hdsa.org.