



BSU APFP



APRIL NEWSLETTER 2025

PARTICIPANT OF THE MONTH

SCOTT WEEDEN

Scott has been a member since November of 2024. His favorite form of exercise is the bike, running at Worthen Arena, and resistance training. His piece of advice is to keep moving - It is important to keep moving! We are so proud of you! Keep up the good work!



**WORLD
HEALTH**



DAY

Stress awareness Month

APRIL

7TH



APRIL BIRTHDAYS!!!



Joyce M 4/6
Tammy H 4/10
Nick B 4/12
Lynne C 4/14
Marci J 4/17

Betsy S 4/22
Sheryl S 4/23
Jim R 4/23
Beth P 4/24

Ann J 4/18
Randy B 4/18
Mathilda O 4/19
Ashby I 4/19

Kathleen J 4/25
Cheryl B 4/28
Mike J 4/28



Student Admission Day - April 4th

Carnival Day - April 25th

Be aware of parking, it will be really busy.
Participants will need to move cones to park
in the APFP parking spots.

- Our last Saturday hours are on the 19th
- Extended hours end on Friday April 25th
- “Normal hours” begin April 28 - May 2,
5:30am - 8:45am, 11:30am - 1:15pm, 3:30pm -
7:00pm
- We are closed the week of May 5-9th
- Summer hours begin on May 12th

SUMMER HOURS – NO EXTENDED HOURS



Morning - 6:00am - 8:30am

Noon - 11:30am - 1:15pm

Evening - 3:30pm - 6:00pm





MEDICATIONS IN ACTION

***THE WHY BEHIND
WHAT WE TAKE***

**WEDNESDAY APRIL 9TH AT 3:00PM IN HP253
PRESENTED BY ASHBY IRWIN**

