

August 2010

Boeing California Employee Fitness

This month...

- Cataract Awareness Month
- Children's Eye Health and Safety Month
- National Immunization Awareness Month

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BOEING
Long Beach Fitness

Boeinglongbeachfitnesscenter.com



Arthritis Month

1 	2	3	4 Healthy Cooking Demo 11:30 -12:30	5	6	7
8 Sand Volleyball	9	10 	11	Sign up for your free Fitness Assessment today!		13
15	16	17 Ping Pong Tourney 8/17 & 8/19 	18 Joint Pain Lecture 11:30-12:30	19 	Coming in September... • Health Expo • Men's Health Lecture (Diabetes) • Men's Health Lecture (Disease/Cancer)	
22 	23-24 K2 Challenge 8/23-9-17			26	27	28
29	30	31	Fit & Pedometer Club members: Turn in your cards!			

SUN

MON

TUE

WED

THU

FRI

SAT

