

September 2011

Boeing California Employee Fitness

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Boeinglongbeachfitnesscenter.com

This Month...#


- Reye's Syndrome Awareness
- Fruit and Vegetable
- Healthy Aging

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- Prostate Cancer Awareness
- Leukemia Awareness
- National Sickle Cell
- Childhood Cancer

- National Acceptance
- Ovarian Cancer Awareness
- National Cholesterol Education

Men's Health Month

<p><u>Fitness Center Closed</u> •September 5th</p>			1	2	3
			<p>Sign up for your free Fitness Assessment today!</p>		
4	5	6	8	9	10
			 Sand Volleyball cont.	 K2 Final Ascent	
11	12	13	14	15	16
<p><u>Health Expo</u> September 13th 11 am -1 pm • Over 20 Vendors • Cholesterol & Glucose Check • Blood Pressure & BMI • Refreshments & Give Aways</p>			 Men's Health Lecture 11:30-12:30		 Autumn Begins!
18			21	22	23
25	26	27	28	29	30
		Just Dance! 9/27-11/15 6-7 pm		 Don't Forget!	
SU	MON	TUE	WED	T	FRI
<p>Fit & Pedometer Club members: Turn in your cards!</p>					

A strong positive attitude will create more miracles than any wonder drug ~ Walter Elliott