

Boeing California Employee Fitness

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This month...

- International Group B Strep Awareness Month
- Juvenile Arthritis Awareness Month
- UV Safety Month

Boeing Seal Beach Fitness

Boeingsealbeachfitnesscenter.com



Mind ★ Body ★ Spirit Month

				1  Sign up for your FREE Fitness Assessment today!	2	3
4  Have a safe holiday	5 No Programs	6	7	8  11:30 am Fitness Center	9	10
11	12 300th Nelson 5K 11:50am Gate 510	13 	14	15 Cancer Lecture Mammography 11:30-12:30 pm Building 80, Rm 444 Call to sign up	16	17
18	19 	20 Blood Drive 9:00-3:00 pm Fitness Center Call to sign up	21	22  11:30 am Fitness Center	23 Coming in August... •Health Fair •Walking Club •Nelson 5K	
25	26	27 Cooking Demo 11:30-12:30 pm Galaxy Room Call to sign up	28 	29 Golf Clinic 11:30-12:30 pm Fitness Center Call to sign up	30 	31 FitClub members: Turn in your cards! Pedometer Club: Send in your miles!

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JULY 2010