

## Boeing Leadership Network Retirees, March 2019

<https://blnretirees.org>



**ShowWare Center**

### Judas Priest

One of heavy metal's most legendary acts will be hitting the road in 2019 in support of their new studio album, "Firepower." This concert will feature special guests Uriah Heep.

**Date:** Friday, June 21

**Time:** 7:30 p.m.

**SOLD OUT!**

**Location:** ShowWare Center, 625 W. James St., Kent

**Event Coordinator:** Cheryl Nicholson, 425-891-9552, [cheryl.d.nichelson@boeing.com](mailto:cheryl.d.nichelson@boeing.com)

## Health and Welfare



**Run26**

### Proper Footwear

At the Run26 clinic you will learn how to select proper footwear, training methods for running and walking form, and how to recover more efficiently with proper nutrition. One-on-one assessment will help you determine the right shoe for you. Bring your current pair of training shoes and any questions.

**Date:** Sundays, May 5

**Time:** 11:00 a.m.

**Cost:** Free

**Deadline:** May 1 (Four days before the clinic)

**Location:** Run26, 15603 Main St., Ste. B-106, Mill Creek

**Event Coordinator:** Cathy LaBerta, 425-750-6484, [catherine.m.laberta@boeing.com](mailto:catherine.m.laberta@boeing.com)

**Instructions:** Contact the event coordinator if you'd like to attend.

**CANCELLATION POLICY** Please note that all sales are final. Ticket purchases are nonrefundable.