

Health and Welfare



Moore Theatre Jillian Michaels

*Unlock the Power to Change
Your Life*

Join fellow BLN members for a night of fun and inspiration with Jillian Michaels. Make no mistake; this is no speech! Each show is a truly unique, interactive evening of wit, humor, inspiration, and information that will help you shatter any and all obstacles holding you back. In her trademark, authentic, no-nonsense style, Michaels answers your questions, shares her personal stories, and offers up the critical tools for taking control of your health, your emotions, your relationships, your career, and ultimately your life.

She will share the following strategies for unleashing your potential so you can begin your transformation right away:

- Reclaim your power
- Establish support
- Maximize productivity
- Commit to self-acceptance
- Build willpower
- Mindset of a champion

Date: Friday, April 28

Cost: \$42.50

Time: 7:30 p.m.

Deadline: Saturday, April 1

Location: Moore Theatre, 1932 Second Ave., Seattle

Event Coordinator: Nancy Phipps, 425-876-0814, nancy.l.phipps@boeing.com

Instructions: Send a check payable to BMA and a self-addressed, stamped business envelope to Nancy Phipps, MC 757-01, c/o The Boeing Company, P.O. Box 3707, Seattle, WA 98124. Please include your e-mail address and phone number. ❖

Trail Running—Four Session Series



Join Jess Mullen, seasoned ultramarathoner and certified running coach, for an introduction to trail running 5k series. For four consecutive weeks, Jess will take you on a casual 5K run at four different trail locations.

Each class will begin with a brief warm-up, and then the group will run the 5K, making stops along the way to discuss trail running. Maps for each location, with the route highlighted, will be provided.

This series is appropriate for runners at all levels and focuses on the basic fitness necessary to walk a 5K. Mullen will run with everyone and provide tips on trail running form and technique.

Mullen will send an e-mail prior to each week's class with guidance on what to bring and how to prepare for each run.

Date: Saturdays, April 29 and May 6, 13, and 20

Time: 8:30 a.m.

Cost: \$120 (ages 15 and up)

Deadline: Saturday, April 8

Location: Different trail locations

Event Coordinator: Nancy Phipps, 425-876-0814,

nancy.l.phipps@boeing.com

Instructions: Send a check payable to BMA and a self-addressed, stamped business envelope to Nancy Phipps, MC 757-01, c/o The Boeing Company, P.O. Box 3707, Seattle, WA 98124. Please include your e-mail address and phone number. ❖



Williams-Sonoma Cooking Classes

These classes have recipes that are fresh and seasonal, easy to prepare with a small list of ingredients, and certainly healthy to eat. Come join in the fun and delicious meals.

Kebabs & Spice

Enjoy grilled shrimp kebabs with red harissa, grilled chicken kebabs with green harissa, and cornmeal-thyme cookies.

Date: Wednesday, March 1

Cost: \$25

Time: 5:00 p.m.

Deadline: Friday, February 24

Salsa Sampler



We'll create a variety of different salsas using fresh ingredients and authentic recipes that you can use as dips and marinades, including cheese dip and tortilla chips.

Date: Wednesday, April 5

Cost: \$25

Time: 5:00 p.m.

Deadline: Friday, March 31

Location: Williams-Sonoma, 3000 184th St. SW, Lynnwood

Event Coordinator: Cathy LaBerta, 425-266-2726, catherine.m.laberta@boeing.com

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



Whole Foods Market Tour and Tasting

Join us for a tasting and store tour. We'll have tastings in a number of departments, and a goody bag is included. Bring the family—everyone is welcome.

Date: Saturdays, March 11, April 8 and May 6

Time: 9:00 a.m.

Cost: Free

Deadline: One week before the event date

Location: Whole Foods Market, 2800 196th St. SW, Lynnwood

Event Coordinator: Cathy LaBerta, 425-266-2726,

catherine.m.laberta@boeing.com

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



Central Market Central Market Day

Come join us to learn about healthful foods and recipes at Central Market. Our guided tour with the Central Market Team will show us local and fresh foods. Central Market—Mill Creek is a giant store emphasizing local foods and has the feel of a farmers market, complete with conventional and organic fruits and veggies. Included is a free goody bag to take home.

Date: Saturdays, April 8

Deadline: One week before the event date

Time: 9:00 a.m.

Cost: Free

Location: Central Market, 15605 Main St., Mill Creek

Event Coordinator: Cathy LaBerta, 425-266-2726, catherine.m.laberta@boeing.com

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