

Boeing Leadership Network Retirees, March 2019

<https://blnretirees.org>

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

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

Sports



Angel of the Winds Arena

Everett Silvertips

Join us as the Everett Silvertips take on the competition. Watch NHL Draft picks Connor Dewar, Riley Sutter, and Wyatt Wylie as The Silvertips defend their 2017–18 U.S. Division and Western Conference Championship banners.

Note: No tickets will be issued. Tickets will be held at will call.

Seattle Thunderbirds

Date: Saturday, March 2

Time: 7:05 p.m.

Victoria Royals

Date: Saturday, March 16

Time: 7:05 p.m.

Cost: \$16

Deadline: One week before the game

Location: Angel of the Winds Arena, 2000 Hewitt Ave., Everett **Event Coordinator:** Seth Gadberry, 206-304-6669, seth.gadberry@boeing.com

Instructions: Send a check payable to BLN to Seth Gadberry, MC 07X-230, c/o The Boeing Company, P.O. Box 3707, Seattle, WA

98124. Please include your e-mail address and phone number.

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