



COUNTYWIDE
FITNESS CHALLENGE 2016

*Gifts of time & love are surely the basic ingredients of a truly
Happy Holiday Season!*

~ October 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<p>"Get Cultured" CFC Event Griffith Park</p>
2	3	<p>WEBINAR BFF: Dreaming of Retirement</p>	<p>RIDESHARE FAIR 10 am – 2 pm Olive Court at Grand Park</p>	6	7	8
9	<p>Columbus Day</p>	11	<p>WEBINAR: Breast Cancer Awareness</p>	<p>13 Healthy Connections: Fruit & Veggies- More Matters Month (Hall of Administration Room B-62)</p>	14	<p>15 10 am - 4 pm on Crenshaw Boulevard</p>
16	17	18	<p>WEBINAR: Cook It Up Healthy</p> <hr/> <p>Wellness Fair LAC+ USC 2051 Morengo Street LA, CA 90033</p>	<p>20 Healthy Connections: Breast Cancer Awareness (Hall of Administration Room B-62)</p>	21	<p>"Take A Hike!" CFC Event Placerita Canyon</p>
23	24	25	26	27	28	29
30			<p>2016 Flu Clinic bookings are available now!! Keep your workforce healthy and happy this flu season. Appointments available from 9/13/16 – 12/9/16. Contact Kelly (health.fax@cox.net) of HealthFax to book yours now!!</p>			