



Kaiser Permanente  
Riverside Health Education/Preventive Medicine

**THE 30 DAY FITNESS CHALLENGE FALL WELLNESS EVENT**  
**MONDAY, OCTOBER 18, 2010**  
**11:00 AM – 2:00 PM**

Riverside Medical Center  
**10800 MAGNOLIA AVE**  
**RIVERSIDE, CA. 92505**

The Wellness Event will be held in the auditorium  
[1st floor of Medical Office Building 2]

*Also featured at this event are:*

*Taiji (Tai Chi)*  
*Walking Company*  
*Total Health Assessment*  
*Jamba-Juice*  
*Healthy Eating Dietician*  
*Infection Control*  
*Body Fat Testing/Scale*  
*Healthy Workforce*  
*Healthy Drink Tasting*  
*24 Hour Fitness*  
*Weight Watchers Tentative*  
*Kaiser Wellness Store Display*  
*Flu Shots*

(909) 948-1288

**PRACTICE 練**

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