

GET A GRIP

MAY 15th

at the
**Miramar Sports
Complex**

1000-1400

FREE • FOOD • PRIZES



**Kicks off
101 Days of
Summer Drug
Free Challenge**

**Win Money
for Unit Funds**

COMPETITIONS:

- Arm Wrestling
- Obstacle Course
- Drive Safe
- Rock Wall
- Fitness Skills

HEALTH FAIR

For more information, contact
Julie Carlson, Semper Fit Health Promotion
at 858-577-1331 or carlsonj@usmc-mccs.org



GET A GRIP

MAY 15th COMPETITIONS

WIN MONEY FOR UNIT FUNDS

- **Arm Wrestling**
POC: Todd Howard at 858-577-1202
- **Obstacle Course**
POC: Eric Ramirez at 858-577-4670
- **Drive Safe**
POC: DJ McCluskey at 858-577-1936
- **Rock Wall**
POC: Dennis Shipley at 858-577-4150
- **Fitness Skills**
POC: Eric Ramirez at 858-577-4670

Sign up by 09 May 08 for any of the
above competitions at the 3 gyms:
Semper Fit Center, Miramar Sports Complex, or Barn.

For more information, call any of the Semper Fit
Representatives above or call Julie Carlson,
Semper Fit Health Promotion Director
at 858-577-1331.



HEALTH FAIR