

Are you fit to fly? Food to make you fit

Pilot 99's member, UCLA graduate and then two years of graduate school in Bio-Chemistry, with a long history of teaching Chemistry and Physiology...

Annette Orton will educate the attendee's regarding how your body works and what to feed it daily to ensure that you operate at peak performance.

Directions: Flying to the event: Taxi to the west side of the airport, park just to the south of the SHADE T open hangars, then walk 300 feet west to the EAA Quonset hut building..... and have a fabulous two hours aviation knowledge.
Driving: park along the fence just north and west of the q hut.... walk into the north door of the building.

A message from the National FAASTeam Manager

Invite a fellow pilot to the next WINGS Safety Seminar in your area.

Sign up for the FAA's safety services at www.FAASafety.gov!

Event Details

Sat, Oct 8, 2016 - 10:00 PDT

Qhut, EAA Chapter 157

3025 South Street

EAA Building

Redding, CA 96001



Contact: WILLIAM V. HILL

(530) 410-9525

ATPBill@gmail.com

Select #: WP2569805

Lead Representative WILLIAM V. HILL

The FAA Safety Team (FAASTeam) is committed to providing equal access to this meeting/event for all participants. If you need alternative formats or services because of a disability, please communicate your request as soon as possible with the person in the "Contact Information" area of the meeting/event notice. Note that two weeks is usually required to arrange services.