




October 2017 BAM Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p> <ul style="list-style-type: none"> Weight Watchers +* (drop in) 12-12:30pm; 215 N. Mason; Click Here for more info. 	<p>4</p> <ul style="list-style-type: none"> Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info. City/County Health Fair* 11:00-5:00pm; Northside Aztlan Community Center 	<p>5</p>	<p>6</p> 
<p>9</p> 	<p>10</p> <ul style="list-style-type: none"> Weight Watchers +* (drop in) 12-12:30pm; 215 N. Mason; Click Here for more info. 	<p>11</p> <ul style="list-style-type: none"> Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info. Lunch n' Learn* Breast Cancer 101- Discussion Panel, 12:00-1:00pm; 200 W Oak (Hearing Room); Click Here for more info. 	<p>12</p>	<p>13</p>
<p>16</p> <p>REGISTRATION OPENS: 15 FOR ME FALL CAMPAIGN</p>	<p>17</p> <ul style="list-style-type: none"> Weight Watchers +* (drop in) 12-12:30pm; 215 N. Mason; Click Here for more info. 	<p>18</p> <ul style="list-style-type: none"> Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info. 	<p>19</p>	<p>20</p>
<p>23</p>	<p>24</p> <ul style="list-style-type: none"> Weight Watchers +* (drop in) 12-12:30pm; 215 N. Mason; Click Here for more info. Lunch n' Learn* Food to Fight Cancer Cooking Class 12:00-1:00pm; 200 W Oak (Hearing Room); Click Here for more info. 	<p>25</p> <ul style="list-style-type: none"> Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info. 	<p>26</p> <ul style="list-style-type: none"> Chair Massage (Hawten Slaton) 11:00-4:15pm; 200 W Oak (Lake Loveland Room, 2nd floor) Click here for more info 	<p>27</p>
<p>30</p>		<p>1</p> <p>15 FOR ME CAMPAIGN STARTS TODAY</p>	<p>2</p>	<p>3</p>

October Focus:

Flu Shots & Immunizations Benefits

Getting Vaccinated not only protects yourself but your loved ones around you! The Larimer County Medical Plan covers Flu vaccinations at 100% with an in-network provider.

*Bring Insurance ID card

- **10 Onsite Flu Vaccination Clinics** for Larimer County employees/family (ages 9 and older) will be held this year!
 - Additional vaccines offered.
- For more info, dates/locations, and to register; [Click Here](#).

To learn more about recommended immunizations:

- For [Kids](#)
- For [Adults](#)

City/County Health Fair October 4th 11:00-5:00pm



- [Over 100 Vendors](#)
- [Presentations](#)
- Onsite Screenings
- Prizes
- Flu Shots

*Worth 50 Wellness Points in Viverae





Community Events and Classes



If an event has an asterisk (*) next to it, it is worth wellness points. If an event has a dagger (+) next to it, it can qualify for the \$500 lifestyle education reimbursement benefit through the County's Medical Insurance Plan.

Click [here](#) to download more info or visit the Benefits page on the Bulletin Board.

15th Annual Harvest Farm Fall Festival & Corn Maze

Every Weekend starting Saturday Sept 30th-Sunday Oct 29th; Fri/Sat 10am-8pm & Sun. 12pm-6pm

Harvest Farm, 4240 E. County Rd 66, Wellington
Looking for a fun and festive weekend activity? The Harvest Farm has activities for people of all ages. Children can play in one of many playgrounds, visit the petting zoo and pick pumpkins. There are also hayrides, snacks and campfires that are family friendly and available to all! Cost for adults (13 and older) is \$15, Children (4-12) is \$13 and kids 3 and under are free. To find more information about the festivities look [Here](#) or call (970)568-9488.

National Diabetes Prevention Program+*

Monday, Oct 2nd, 5:30pm-6:30pm

CSU Health & Medical Center, 151 W Lake St.
Kendall Reagan Nutrition Center, (Room 1418)
Prediabetes raises your risk for heart disease and stroke, and many people with prediabetes develop type 2 diabetes within 3 years. If you have prediabetes, we can help! Our Diabetes Prevention Program is a lifestyle intervention that targets improving diet, increasing physical activity and achieving moderate weight loss. National Diabetes Prevention Program (NDPP) begins on Oct. 2nd, with 16 weekly sessions followed by monthly meetings. The program meets weekly on Mondays from 5:30-6:30pm at the Colorado State University Health & Medical Center. Cost is \$15 per session. For more info call (970)495-5880 or Click [Here](#).

Larimer County Farmers' Market

Saturdays from 8:00am-12:00pm. [Website](#).
Old Town; Oak & Mason

Larimer County Natural Resources events;
[Website](#)



Taste in Timnath Fall Festival and 5K*

Saturday, Oct 7th, 9:00am

Timnath Reservoir,
Everyone is invited to the annual Taste in Timnath Fall Festival which kicks off with the Scarecrow 5K Fun Run at 9am. Stick around for the festival fun which includes live music performances, FREE Kids' activities, craft fair and tasting garden.
Join us for a scenic trail run through the rolling hills of the Timnath country side. Race begins at the intersection of Kern Street and 4th Avenue and will run to the Timnath Reservoir, where you can enjoy a festive photo booth before running back to the Taste in Timnath Fall Festival. All ages and abilities are welcome to walk, jog, run or race. Entry Fee: \$25 Adults/ \$10 Kids 13&Under. Proceeds from the race and festivities benefit the Food Bank of Larimer County. Click [Here](#) for event details and to register online.

Bacon Strip Race*

Saturday, Oct 7th, 9:00am

Intersection of E Co Rd 52 and Co Rd 13, \$20
The 20th Anniversary of one of FoCo's favorite annual runs. The track is a very challenging 10-mile loop with constant undulating hills on rural dirt roads, but the views are unforgettable. [Register](#) online where you can also find details on the shorter 4-mile option.

CSU Homecoming 5K*

Saturday Oct 14th, 8:00am

Hughes Stadium, Fort Collins, \$25 adult, \$20 youth
The 37th Annual Homecoming 5K Walk/Run is a fun family friendly event and a chance to give a farewell to Hughes Stadium. The proceeds from the race will benefit the Heart Disease Prevention Program of the Human Performance Clinical/Research Lab. The program provides an opportunity for individuals to be screened for all the risk factors for heart disease. Children are invited for the FREE Kids Fun Run led by Cam the Ram. Registration and more info, [Here](#) or Questions call (970)491-5081.

Core Motion Fitness; Boot Camp+*

Oct. 17th-Nov 30th, Information Here

Animal House Phantom 4 Miler*

Saturday, Oct 28th, 9:00am

The Biergarten at Anjeuser Busch, Fort Collins
Animal House Rescue & Grooming is honored to take over the Phantom race and continue to bring a fun, family and dog friendly Halloween themed morning to benefit homeless animals. This year's run/walk features a new venue, new 4 mile course, postrace hot breakfast, live music, sponsor and vendor booths, and a new beneficiary partner, the Fort Collins Cat Rescue & Spray/Neuter Clinic. We hope your canine best friends can join us! \$35 Individual/\$30(per person) Team. Price increases day of Race. For more information and to Register online, [Here](#).



Community Runs and Walks*

Oct 14th- Strides for CJD (Fort Collins); [Website](#)
Oct 21st- Blue Sky Trail Marathon (Fort Collins); [Website](#)
Oct 28th- LIVE UNITED in Color (Greeley); [Website](#)