

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p><b>LABOR DAY</b></p>	<p>5</p> <ul style="list-style-type: none"> <li>• <b>Weight Watchers +*</b> (drop in) 12-12:30pm; 215 N. Mason; <a href="#">Click Here</a> for more info.</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>• <b>Weight Watchers +*</b> (drop in) 12-12:30pm; 2601 MP (room 108); <a href="#">Click Here</a> for more info.</li> </ul> <p><b>LAST DAY TO ENTER FRUIT/VEGETABLE CONSUMPTION FOR 5 A DAY NUTRITION CHALLENGE</b></p>	<p>7</p>	<p>8</p>
<p>11</p> 	<p>12</p> <ul style="list-style-type: none"> <li>• <b>Weight Watchers +*</b> (drop in) 12-12:30pm; 215 N. Mason; <a href="#">Click Here</a> for more info.</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>• <b>Weight Watchers +*</b> (drop in) 12-12:30pm; 2601 MP (room 108); <a href="#">Click Here</a> for more info.</li> </ul> <p><b>inspire! EVENT*</b></p> <p><b>GARDEN Fresh COOKING</b></p> <ul style="list-style-type: none"> <li>• (drop in) 11:30am-1:00pm; 1501 Blue Spruce (135A/135B)</li> </ul>	<p>14</p>	<p>15</p>
<p>18</p>	<p>19</p> <ul style="list-style-type: none"> <li>• <b>Weight Watchers +*</b> (drop in) 12-12:30pm; 215 N. Mason; <a href="#">Click Here</a> for more info.</li> </ul> <p><b>GARDEN Fresh COOKING</b></p> <ul style="list-style-type: none"> <li>• (drop in) 11:30am-1:00pm; 200 W Oak (Boyd Lake Room)</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>• <b>Weight Watchers +*</b> (drop in) 12-12:30pm; 2601 MP (room 108); <a href="#">Click Here</a> for more info.</li> </ul>	<p>21</p> <p><b>GARDEN Fresh COOKING</b></p> <ul style="list-style-type: none"> <li>• (drop in) 11:30am-1:00pm; 2307 MP (Powderhorn Room)</li> </ul>	<p>22</p> <ul style="list-style-type: none"> <li>• <b>Lunch n' Learn Food to Fight Cancer Cooking Class</b> 12:00-1:00pm; 2307 MP (Powderhorn Room); <a href="#">Click Here</a> for more info.</li> </ul>
<p>25</p>	<p>26</p> <ul style="list-style-type: none"> <li>• <b>Weight Watchers +*</b> (drop in) 12-12:30pm; 215 N. Mason; <a href="#">Click Here</a> for more info.</li> <li>• <b>Lunch n' Learn Be Happy: Lose the Seasonal Blues and Find Happiness</b> 12:00-1:00pm; 200 W Oak (Hearing room); <a href="#">Click Here</a> for more info.</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>• <b>Weight Watchers +*</b> (drop in) 12-12:30pm; 2601 MP (room 108); <a href="#">Click Here</a> for more info.</li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li>• <b>Chair Massage (Hawten Slaton)</b> 12:15-3:15pm; 200 W Oak (Lake Loveland Room, 2<sup>nd</sup> floor) <a href="#">Click here</a> for more info</li> </ul>	<p>29</p>

**September Focus:**  
**Cancer Screening Benefits**

Each month, we'll focus on a different topic and will provide information about preventive screenings that are covered through Larimer County's Benefit Plans. **In September, learn more about the recommended screenings and covered benefits through UMR, to help detect Cancer early:**

- > [Women's Essential Screenings](#)
- > [Men's Essential Screenings](#)

**GARDEN Fresh COOKING**

Drop In September Dates:

11:30am to 1:00pm



- 13<sup>th</sup>- 1501 Blue Spruce, Room 135A/B
- 19<sup>th</sup>- 200 W Oak St, Boyd Lake Room
- 21<sup>st</sup>- 2307 Midpoint, Powderhorn Room

Join our Weight Watchers®

**inspire! EVENT\***

**Tuesday, Sept. 12<sup>th</sup> & Wednesday, Sept. 13<sup>th</sup>**

Attend our Inspire Event and purchase a Weight Watchers membership between 9/5-17-9/17/17 to get a **FREE STARTER KIT** (\$70 Value!)



# 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.

## **Geology Hike at Devil's Backbone\***

Wednesday, Sept. 6<sup>th</sup>, 10:00am-11:30am, FREE  
Devil's Backbone Open Space

Join Larimer County naturalists to discover the geology of Devil's Backbone Open Space, located just west of Loveland off Hwy 34. Learn about this fascinating local landmark as well as the geology of the northern Front Range. Approximately 1.5-hour program: Hike rating: Easy. Program is free, **Registration Required** (Adult, 16+). Please dress appropriately for the weather and bring along some water. More info and registration [Here](#). General info, contact Andy Grinstead (970)619-4656, [agrinstead@larimer.org](mailto:agrinstead@larimer.org).



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

## **Community Runs and Walks\***

Sept 10<sup>th</sup>- 3Hopeful Hearts Remembrance Run 5K (Fort Collins) [Website](#)  
Sept 10<sup>th</sup>- Fall Family Fun Run 5K (Berthoud); [Website](#)  
Sept 23<sup>rd</sup>- Vanilla Day 5K (Fort Collins); [Website](#)  
Sept 30<sup>th</sup>- Rut Run 5K (Estes Park); [Website](#)



## **Fall Equinox Half Marathon/5M\***

Sunday, Sept. 17<sup>th</sup>, 7:00am, \$110/\$65  
Mishawaka Amphitheater (Half Marathon Start)  
Gateway Natural Area (5 Mile Start)  
Fast & beautiful, a great point-point downhill half marathon for a new PR! Start at the famed Mishawaka & run entirely in the Poudre Canyon. Enjoy the beauty & downhill course along Colorado's only wild & scenic river. Voted Best Half Marathon in Mountain West Region. To register and for race info, click [Here](#).

## **Larimer County Farmers' Market**

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

## **Fort Collins Farmers' Market**

Sundays 11:00am-3:00pm. [Website](#).  
Harmony & Lemay



## **BE FREE Transformational Breathwork\***

Saturday, Sept 30<sup>th</sup>, 6:00pm-9:30pm  
BE FREE Transformational Breathwork uses the natural power of the breath, music, energetic release work, art, and group processing to help you: Release the past and become more powerful in the present. Join Melanie Leithauser for a powerful afternoon of diving inside to be your own healer. **Please bring the following:** a sleeping bag or comforter, a pillow, an eye mask (if you have one), a journal and a snack. See [Website](#) for more info and pricing.



OLD TOWN YOGA

## **Soapstone Prairie Mountain Bike Ride\***

Saturday, Sept. 30<sup>th</sup>, 10:00am  
Soapstone Prairie Natural Area  
For beginner and advanced riders alike! Members of Overland Mountain Bike Club will lead the ride and Master Naturalists will provide fascinating information about the area. Multiple route options; easy-strenuous. Length of ride will vary by route chosen: 1 hour, 2 hour, and 4 hour options. Bring your bike, helmet, snacks/lunch, water and sun protection. Meet at the south parking lot; approximately one hour driving time from Fort Collins. ALL AGES. **\*Registration Required.** For general info, contact Alex McHenry (970)416-2043. Registration and more info, [Here](#).