


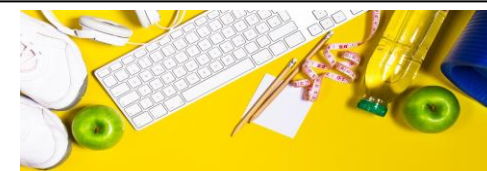
December 2017 BAM Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
4	5 <ul style="list-style-type: none"> Weight Watchers +(drop in) 12-12:30pm; 215 N. Mason; Click Here for more info. 	6 <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 Holiday Portion Control and Healthy Substitutions, 12:00-1:00pm; 200 W Oak (Boyd Lake); Click Here for more info. The Happiness Advantage* 8:30am-2:30pm; 1501 BS (Room 135A/135B); Click Here for more info. 	7	8
11	12 <ul style="list-style-type: none"> Weight Watchers +(drop in) 12-12:30pm; 215 N. Mason; Click Here for more info. Lunch n' Learn Balancing Work and Life, 11:30-12:30pm; 1501 Blue Spruce (135 A&B); Click Here for more info. 	13 <ul style="list-style-type: none"> Weight Watchers +(drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info. 	14 <ul style="list-style-type: none"> The Happiness Advantage* 8:30am-2:30pm; 200 W Oak (Lake Estes Room); Click Here for more info. 	15
18	19 <ul style="list-style-type: none"> Weight Watchers +(drop in) 12-12:30pm; 215 N. Mason; Click Here for more info. Lunch n' Learn Sleep: An Essential Component, 12:00-1:00pm; 200 W Oak (Hearing Room); Click Here for more info. 	20 <ul style="list-style-type: none"> Weight Watchers +(drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info. 	21 <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 	22
25  <p>CHRISTMAS DAY (COUNTY OFFICES CLOSED)</p>	26 <ul style="list-style-type: none"> Weight Watchers +(drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info. 	27 <ul style="list-style-type: none"> Weight Watchers +(drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info. 	28	29

Supporting Mental and Emotional Health: Suicide Prevention

Over 90% of people who die from suicide suffer from a mental illness, most commonly depression or bipolar disorder. A few sobering statistics to consider:

- Suicide rates are twice as high in December
- Learn more about local resources [here](#)
- Available mental health screening tools [here](#)
- Reminder: ComPscyh is available for Larimer County employees, and offers 6 free counseling sessions (per issue/per year) for benefit eligible employees and members of your household. Online and Phone access 24/7, click to learn [more](#)
- **If in crisis, call 911 or visit your local emergency room**



Healthy Rewards Program

****Last Day to enter data**

12/31/2017**

***Gift Card Raffle Prizes**

>Viverae >Home>Your Rewards>Healthy Rewards Program





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 new Benefits website page.



First Friday Gallery Walk

Friday December 1st from 6pm-9pm

Historic Downtown Fort Collins

Stroll through downtown and admire some of the beautiful local art! The gallery walk is a self-guided walking tour through Old Town Fort Collins. The walking tour visits 15 different art galleries. Take a friend or family member along with you for an artsy and active evening. Find the walking map [here!](#)

Jingle Bell Run Northern Colorado*

Sunday, December 3rd at 9am

The Ranch Events Complex

Join the holiday movement to conquer arthritis! Jingle Bell Run is a fun way to get moving and help find the cure for arthritis! Wear a holiday-themed costume, and an ugly sweater for the 5k fun. Bring a team of friends, family, or coworkers. Registration is \$35 for adults and \$20 for kids 12 and under. 100% of the registration fee and fundraising goes toward this great cause. For tickets or if you just want to donate click [here](#).

Earth and Sky Night Hike*

Friday, December 8th, 5:00pm

Devil's Backbone Open Space

Join Larimer County naturalists on an evening hike full of stargazing at Devil's Backbone Open Space, located just west of Loveland off of Hwy 34. Learn to identify stars and constellations, and hear their stories throughout the program. Hike rating: Moderate (due to hiking with low light). Please dress appropriately for the weather, bring along some water for the trail, and a headlamp if you have one. Program is free, but **registration is required**. General info, contact Heather Young 498-4489. Register [online](#).

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

Sweaty Sweater Race*

Saturday, December 9th at 9am

Budweiser Brewery

Looking for a way to get active outside and help give to those in need? Grab an ugly sweater and a friend for the 4-mile Walk/ Run Sweaty Sweater Race. Proceeds go to help benefit Adopt- A- Family @ Timberline Church. Prizes will be given for the ugliest sweaters. Prance to the finish line for some hot cocoa. For more information and registration click [here](#).



Winters Farmers Market

Sunday December 9th, 16th, & 30th from 9am-3pm

Opera Galleria, 123 N. College Ave

Just because there's snow on the ground doesn't mean that you can't still Visit 40+ Colorado vendors to shop from a collection of locally made soaps, wine, chocolate, cheese, jewelry and other unique gifts, as well as local vegetables and meats. [Website](#)



Community Runs and Walks*

Dec. 31st- KRFC Resolution Run 5K (Fort Collins); [Website](#)

Winter Bike to Work Day*

Wednesday December 13th from 7-9:30am

Layer up and bike to work! FC Bikes will be setting up stations throughout Ft. Collins to provide breakfast, coffee, bike repairs, and fun rewards to those wanting to bike to work. Click [here](#) to find out more information as well as the station map to plan out your route.

3rd Annual Holiday Lights by Bike*

Saturday December 16th from 5:30-9pm FREE

Intersect Brewing, 2160 W Drake Rd. A1

Decorate your bike and wear your favorite holiday outfit while you tour the best holiday lights in West Ft. Collins. Enjoy hot drinks and treats with family and friends after the tour. The Holiday Lights by Bike is a great way to get active and celebrate the holiday season on your bike! Click [here](#) to sign up for this event
*Registration Required.

Colorado Makers Holiday Market

Sunday December 17th from 12pm-5pm

Northside Aztlan Community Center

Looking for a personal or unique gift for a friend or a loved one, check out the Colorado Makers Holiday Market! Find one-of-a-kind crafted hand made goods. Great for the thoughtful gifts or last-minute items! Info [here](#).

