

January 2018 BAM Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 New Year's Day observed (COUNTY OFFICES CLOSED)	3 • Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info.	4	5
8	9 • Weight Watchers +* (drop in) 12-12:30pm; 215 N. Mason; Click Here for more info.	10 • Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info.	11	12
15 Martin Luther King Jr. Day (COUNTY OFFICES CLOSED)	16 • Weight Watchers +* (drop in) 12-12:30pm; 215 N. Mason; Click Here for more info.	17 • Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info. • The 7 Habits of Highly Effective People* 8:00am-5:00pm; 200 W Oak (Carter Lake Room); Click Here for more info	18 • Chair Massage (Hawten Slaton) 11:00-4:15pm; 200 W Oak (Lake Loveland Room, 2 nd floor); Click here for more info. • The 7 Habits of Highly Effective People* 8:00am-5:00pm; 200 W Oak (Carter Lake Room); Click Here for more info	19
22	23 • Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info.	24 • Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info.	25	26
29	30	31 • Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info.	The 2018 BAM Wellness Program kicks off on February 1 st ! Look for the 2018 Wellness Program Guide for more information.	

realappeal®

Lasting weight loss with all the tools you need to succeed

Real Appeal is an online weight loss program that gives you everything you need to succeed, including weekly online coaching sessions, a Real Appeal Success Kit and online site with tracking tools and other great resources. The program is available at **no cost** to all employees and spouses with our UMR insurance and a Body Mass Index (BMI) of 23 or higher.

Ready to sign up? Enroll now at larimer.realappeal.com

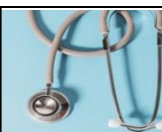
 WW Freestyle™

NEW WW Freestyle™ program 2018! Follow a plan that fits your lifestyle-through meetings or completely online. Info [Here](#).

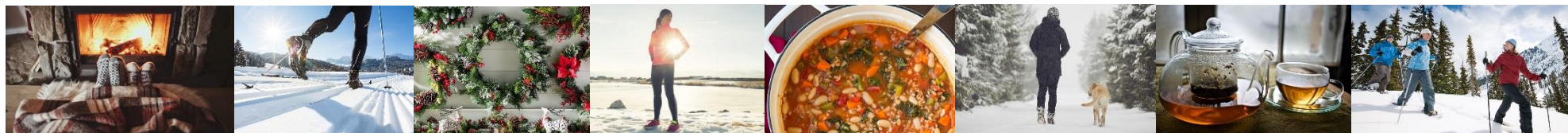
- New Daily Points
- Expanded Zero Points Foods
- Rollover Points
- And More!

Come check out a WW meeting for FREE!

[*Eligible for Lifestyle Education Reimbursement](#)



Onsite BIOMETRIC Screening Events:
Feb 13 – 23, 2018



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.



Garden of Lights

Open 5pm-9pm nightly through Jan. 7th

The Gardens on Spring Creek, 2145 Centre Ave, Fort Collins

Join us for one of Northern Colorado's best holiday traditions! Stroll through the whimsically decorated and twinkling Gardens lit by hundreds of thousands of LED lights. Garden of Lights is dependent on volunteers to make the show happen. Although there is no ticket cost to enter, a \$5 suggested donation per adult, \$2 suggested donation per child is appreciated. Children 2 years and under admitted free. For more info. Click [Here](#).



Boot Camp Challenge+*

7 weeks of Boot Camp (14 sessions) \$165

4 Classes Available; More information, click [Here](#).

Monday & Wednesday, January 3-February 14

The Wellness Center, 2601 Midpoint Dr, 6am-7pm

OR Alternative Sentencing, 2307 Midpoint Dr, 5:30pm-6:30pm

Tuesday & Thursday, January 2-February 15

City Wellness Annex, 214 Howes St; 6am-7am **OR** 5:15pm-6:15pm

County medical plan members, eligible for [Lifestyle Education Reimbursement](#) after 75% of the class has been completed.

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



Snowshoeing Basics

Saturday, January 13, 9:30am-11am OR 11:30am-1pm, FREE

Fort Collins REI, 4025 S College Ave, Fort Collins

Are you looking for a fun winter sport? Join our experienced REI staff for a class on the basics of snowshoeing. We will focus on the appropriate selection of gear as well as the basics on what you need and where to go to get started. If you ever thought about getting into snowshoeing, this is a great introduction to the sport!

Find other classes and events offered [Here](#).

Am I Hungry? Mindful Eating Workshop+*

Wednesdays, January 17-March 7, 3pm-4:30pm

Fort Collins Senior Center, 1200 Raintree Dr.

In this eight-week program, you'll learn how to be in charge of your eating instead of feeling out of control. You will practice eating the foods you love without overeating or guilt. Cost of the program is \$65, which includes all classes, book, and journal. To register and for more information, call the Aspen Club at 970-495-8560.

Horsetooth Half Marathon Training*

January through April; [Register](#) to train with the Fort Collins Running Club for FREE. Race day is April 15.



Polar Bear Run* and Plunge

Sunday, January 20th, 10am

Horsetooth Reservoir, 4200 W CR 38E, Fort Collins

The Polar Bear Run is a 5k out and back course consisting of small rolling hills and of course beautiful views. This race curves around the end of the reservoir to a turnaround with a water station. Please note that the course is mostly on dirt trails (surface is mixed asphalt and dirt). Start/Finish is located at the pavilion at the South Inlet Bay Swim Beach. Plunge starts at 12pm. More event details [Here](#).

Pathways for Grief & Loss Support Groups and Events

Pathways, located in Fort Collins, is a local nonprofit providing symptom management and support for serious long-term illness, expert medical and hospice care for individuals navigating the last months of life, and grief counseling and programs for those mourning the loss of a loved one. [Website](#)

Winters Farmers' Market

Sunday, January 13th & 27th from 9am-3pm

Opera Galleria, 123 N. College Ave, Fort Collins

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](#)