


November 2017 BAM Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
	<ul style="list-style-type: none"> Weight Watchers +*(drop in) 12-12:30pm; 215 N. Mason; Click Here for more info. 	Open Enrollment BEGINS <ul style="list-style-type: none"> MEETING: 1501 BS, Room 135A; 9:00am-10:00am Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info. Onsite FLU SHOTS; info 15 FOR ME CHALLENGE STARTS TODAY	BENEFITS O.E. MEETING: <ul style="list-style-type: none"> 200 W Oak, Lake Estes Room; 3:00pm-4:00pm 	
6	7	8	9	10
BENEFITS O.E. MEETING: <ul style="list-style-type: none"> 2405 MP; 5:45pm-6:15pm 	<ul style="list-style-type: none"> Weight Watchers +*(drop in) 12-12:30pm; 215 N. Mason; Click Here for more info. 	<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* Discussing Diabetes and Metabolic Syndrome; Meet & Eat, 11:30-12:30pm; 1501 Blue Spruce (Room 135A); Click Here for more info. BENEFITS O.E. MEETING: <ul style="list-style-type: none"> LWFC, South Conference Room; 8:00am-9:00am 2501 MP, West Training Room; 9:30am-10:30am 	BENEFITS O.E. MEETING: <ul style="list-style-type: none"> 200 W Oak, Lake Estes Room; 9:00am-10:00am 2573 MP, Room 124; 10:30am-11:30am 2405 MP; 5:45pm-6:45pm Onsite FLU SHOTS; info 	VETERANS DAY OBSERVED (COUNTY OFFICES CLOSED)
13	14	15	16	17
	<ul style="list-style-type: none"> Weight Watchers +* (drop in) 12-12:30pm; 215 N. Mason; Click Here for more info. Onsite FLU SHOTS; info 	<ul style="list-style-type: none"> Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info. 	<ul style="list-style-type: none"> Lunch n' Learn* The Impact of Attitude on Work and Life, 12:00-1:00pm; 2307 MP (Powderhorn Room); Click Here for more info. Chair Massage (Hawten Slaton) 11:00-4:15pm; 200 W Oak (Lake Loveland Room, 2nd floor); Click here for more info 	Open Enrollment CLOSSES TODAY
20	21	22	23	24
	<ul style="list-style-type: none"> Weight Watchers +* (drop in) 12-12:30pm; 215 N. Mason; Click Here for more info. Pink Life Saver Mobile Mammography unit 9:00-3:00pm; 200 N. Wilson, Loveland; Click Here for more info. 	<ul style="list-style-type: none"> Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info. LAST DAY TO ENTER DATA 15 FOR ME CHALLENGE	THANKSGIVING DAY  (COUNTY OFFICES CLOSED)	(COUNTY OFFICES CLOSED)

Mental and Emotional Health

According to the National Mental Health Association, mental illness is more common than cancer and lung and heart disease combined. People suffering from stress, anxiety or depression not only suffer from lower quality of life, they also are at higher risk for developing health problems such as diabetes or heart disease.

- Learn more about the symptoms of mental illness [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](#)

November 1-17, 2017

2018 PLAN YEAR
BENEFITS OPEN ENROLLMENT

Be engaged. Be connected. Be plugged in.

➤ **BENEFITS O.E. Meeting Schedule**

Healthy Rewards Program
Runs thru 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 Benefits page on the Bulletin Board.

Downtown Holiday Lighting Ceremony

Friday, Nov 3rd, 5:30pm-7:30pm, **FREE**

Oak Street Plaza, Fort Collins

To end the fall season and officially welcome in the holiday season, join Downtown Fort Collins in the annual Holiday Lighting Ceremony. At 5:30 p.m., Oak Street Plaza will be filled with live music and families enjoying a cup of hot cocoa courtesy of Old Town Spice Shop and live music courtesy of The Andrew Vogt Jazz Quartet. At 6:30 p.m. all of historic downtown will be lit up with thousands of strings of holiday lights. A fun town event that is great for people of all ages to attend. Event details, click [here](#).



Full Moon Hike* Registration Required

Friday, Nov. 3rd, 5:30pm-7:30pm

Devil's Backbone Open Space

1725 Hidden Valley Dr., Loveland

Winter is coming! Join Larimer County naturalists to see the beautiful full moon above Devil's Backbone Open Space, located just west of Loveland off of Hwy 34, and learn about adaptation and survival in the wild. Hike rating: Moderate (due to walking 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**. Questions, contact Andy Grinstead (970) 619-4565. More info and register [here](#).

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



Winter Farmers' Market

Saturdays beginning Nov 5th, 9:00am-1:00pm.

Opera Galleria; 123 N College Ave, Fort Collins

Visit 40+ vendors that will be selling late-season produce, grass-fed meats, eggs, mushrooms, cheese, wine, jams and juices, salsas and sauces, baked goods, sweets, and locally made handcrafts. Face painting for kids and live local music make it fun for the whole family! Enjoy a great community atmosphere. [Website](#).



Yoga Pod's Meditation & Mindfulness Workshop

Sunday, Nov 12th, 2:00pm-4:00pm

3300 South College Ave #160, Fort Collins, \$40

Join the amazing Gwyn Tash in this transformative experience. Seldom do we take the time to just sit and be, listen to our inner voice or consciously connect with the Divine within and around us. In this workshop you will learn user friendly Meditation tools and techniques and more! Investment \$40 Pay the day you arrive at the studio. Click [here](#) for more info.

Thanksgiving Day Run*

Thursday, Nov 23rd, 9:00am

College Ave and Mountain Ave, Fort Collins

Bring the family to run/walk/skip/dance four miles through downtown Fort Collins at the 24th Annual Fort Collins Thanksgiving Day Run! The run is partnered with RamStrength, supporting local cancer survivors. The kid's race kicks off at 8:45 am, followed by the main event at approximately 9:00 am. Registration is available online only until the day before the race, where you can go to packet pick up at the Fort Collins Club from 11 am to 7am or at The Mainline the morning of the race. Cost starts at \$36 for adults, \$23 for youth. Fees increase day before race. More info [here](#), Register [online](#)!



Thanksgiving Falls Hike* Registration Required

Saturday, Nov. 25th, 8:00am-10:00am

Horsetooth Mountain Open Space

Join Larimer County naturalists, and shake off the post-holiday blues with a hike to Horsetooth Falls. Plan to have that extra piece of pie on Thanksgiving, and recover from the craziness of holiday shopping with a beautiful day in the foothills. Meet at Horsetooth Mountain Open Space, just west of Fort Collins off CR 38E. Approximately 2-hour program. Hike rating: Easy. Please dress appropriately for the weather, and bring water for the trail. Program is free, but a \$6 day use fee applies. **Registration is required**. General info, contact Heather Young (970)619-4489. More info and register [here](#).

Community Runs and Walks*

Nov. 4th- Run for Orphans (Windsor); [Website](#)

Nov. 23rd- Turkey Trot and 5K (Loveland); [Website](#)