

# April 2018 BAM Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	<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 info.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Colorado Peaks Fitness Campaign Begins!</b> <a href="#">Click Here</a> for info and to sign up</li> <li>• <b>Weight Watchers +*</b> (drop in) 12-12:30pm; 2601 MP (room 108); <a href="#">Click Here</a> for info.</li> </ul>	<ul style="list-style-type: none"> <li>• Hike at <a href="#">Reservoir Ridge</a>, 5:15PM, Michaud Lane Trail Head.</li> </ul>	
9	10	11	12	13
	<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 info.</li> <li>• <b>Yoga*</b> 12:00-1:00pm All Levels Yoga for County Employees with Savannah, 212 S Mason St. <a href="#">Link</a>.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>BAM Inspiration Series</b> <b>Human Animal Bond: Healing Power of Pets.</b> 12pm-1pm, 2573 Midpoint Drive, <a href="#">Click Here</a> for info.</li> <li>• <b>Weight Watchers +*</b> (drop in) 12-12:30pm; 2601 MP (room 108); <a href="#">Click Here</a> for info.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Traveling Nurse Onsite Appt.</b> 200 Oak St. 7-11am 1525 Blue Spruce 12-3:30pm Call (970)980-2425 to Register</li> <li>• Hike at <a href="#">Pineridge</a>, 5:15PM, Dixon Reservoir Trail Head.</li> </ul>	
16	17	18	19	20
	<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 info.</li> <li>• <b>Tax Day</b></li> </ul>	<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 info.</li> <li>• Hike at <a href="#">River Bluffs Open Space</a>, 5:30PM</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	
23	24	25	26	27
<ul style="list-style-type: none"> <li>• <b>Boot Camp from Coremotion Fitness +*</b> 5:30-6:30pm; 2307 Midpoint, Powderhorn Room. <a href="#">Click Here</a> for info.</li> </ul>	<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 info.</li> <li>• <b>Yoga*</b> 12:00-1:00pm All Levels Yoga for County Employees with Savannah, 212 S Mason St. <a href="#">Link</a>.</li> <li>• <b>Traveling Nurse Onsite Appt.</b> Estes Park 9am-2pm Call (970)980-2425 to Register</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Boot Camp from Coremotion Fitness +*</b> 5:30-6:30pm; 2307 Midpoint, Powderhorn Room. <a href="#">Click Here</a> for info.</li> <li>• <b>Weight Watchers +*</b> (drop in) 12-12:30pm; 2601 MP (room 108); <a href="#">Click Here</a> for info.</li> <li>• Hike at <a href="#">Devil's Backbone</a>, 5:30PM</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Chair Massage</b> 11:00-4:15pm; 200 W Oak (Lake Loveland Room, 2nd floor); Email Hawten to sign up <a href="#">here</a></li> </ul>	
30				
<ul style="list-style-type: none"> <li>• <b>Boot Camp from Coremotion Fitness +*</b> 5:30-6:30pm; 2307 Midpoint, Powderhorn Room. <a href="#">Click Here</a> for info.</li> </ul>				

Questions: Contact Andrea Bilderback, Health Promotion and Outreach Specialist @ 970-980-2429 or email [bam@larimer.org](mailto:bam@larimer.org)



# Community Events and Classes

If an event has an asterisk (\*) next to it, it is worth wellness points. If an event had 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.

## [Flying Pig 5K Race\\*](#)

April 8<sup>th</sup>, 8:30am

Spring Canyon Park

2626 W. Horsetooth Road, Fort Collins

\$25.00 fee

(\$30.00 on the day of event)

Includes t-shirt and breakfast

The Flying Pig 5K is a fundraiser to benefit families in the Family Support Services Program (FSSP). FSSP provides funds designated to assist families who provide support, at home, to their family member with an intellectual/developmental disability or delay. The money raised by this event will be used to offer services to families in the program and on the waiting list for the program. The emphasis will be on providing programs to enhance respite, sibling support, and educational services to help preserve family balance. [Link here.](#)

## [Master Home Educator Training\\*](#)

April 2<sup>nd</sup>-14<sup>th</sup>

Obtain certification through a free, 20-hour training to help Fort Collins community members learn about health risks posed by common home pollutants. Training provided on evenings and weekends, April 2-14, More information [here.](#)

## [Horsetooth Half Marathon\\*](#)

April 15<sup>th</sup>, 8:30am

Hughes Stadium, Fort Collins

45<sup>th</sup> annual running of the Horsetooth Half Marathon. The race will take you on a scenic point-to-point journey from Hughes Stadium, to a finish on the Poudre River Trail. After race party will be at New Belgium Brewery. Whether an elite runner or a first time Half Marathoner, the Horsetooth Half offers a challenging yet surprisingly fast course. Click [Here](#) to register.

## [Earth Day Fort Collins](#)

April 21<sup>st</sup>, 11am – 5 pm (Free)

Civic Center Park, Fort Collins

[Earth Day](#) is a combination of activities and events for the entire family, featuring informational booths and displays, arts and crafts, workshops, live music, speakers, local food and a beer garden. Earth Day encourages and inspires community members to honor the Earth every day, and make efforts toward conservation and preservation. Attendees are asked to bring nonperishable food items for the Food Bank!

## [Lunchtime Yoga for County Employees\\*](#)

April 10<sup>th</sup> and 24<sup>th</sup> 12pm-1pm

(every other Tuesday)

212 S Mason St., Fort Collins

Be Here Now Studio

A grounding, yet energizing class intended for all experience levels. This class only offered to Larimer County Employees.

Cost: \$10 Instructor: Savanah Benedick

Register [here.](#)

## [Northern Colorado Children's Festival](#)

April 14<sup>th</sup>, 10:00am-3:00pm

Island Grove Events Center, Greeley

Join in a day of free family activities, hands-on arts and crafts, health and safety information, great food, children's merchandise and entertainment! More info [here](#), or contact Caroline Gelatt, at 970-353-4300.

