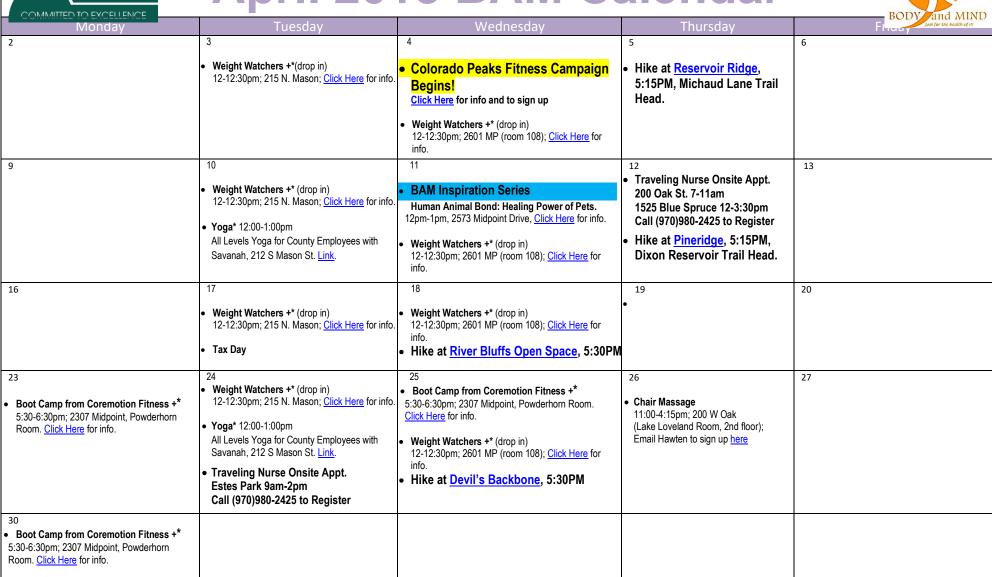
April 2018 BAM Calendar



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

LARIMER COUNTY



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 <u>here</u> to download more info or visit the Benefits page on the Bulletin Board.

Flying Pig 5K Race*

April 8th, 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.

<u>Master Home Educator Training*</u> April 2nd-14th

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 <u>here.</u>

Horsetooth Half Marathon*

April 15th, 8:30am

Hughes Stadium, Fort Collins

45th 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 <u>Here</u> to register.

<u>Earth Day Fort Collins</u> April 21st, 11am – 5 pm (Free)

Civic Center Park, Fort Collins <u>Earth Day</u> 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 10th and 24th 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.

<u>Northern Colorado Children's Festival</u> April 14th, 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 <u>here</u>, or contact Caroline Gelatt, at 970-353-4300.

