



AUGUST 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Larimer County Fair	4 Larimer County Fair
5 Larimer County Fair	6 Larimer County Fair	7 Larimer County Fair Weight Watchers ++ (drop in) 12-12:30pm; 215 N. Mason	8 Human-Animal Bond, Healing Power of Pets 12-1PM @ 200 Oak St. Lake Loveland Room	9	10	11
12	13 MON/WED Boot Camp Begins! ++ 5:30PM: <i>Location change</i> 2601 Mipoint Dr. Ste 100	14 TUE/THU Boot Camps Begin! ++ 6AM AND 5:15PM 214 Howes St	15 Weight Watchers ++ (drop in) 12-12:30pm; 2601 MP (room 108);	16 New Employee Benefits Orientation 8-11AM: Lake Estes Room	17	18 Peach Festival 5K 8AM 5K 9AM Fun Run
19	20	21 Weight Watchers ++ (drop in) 12-12:30pm; 215 N. Mason BAM: 3-4:30PM, Boyd Lake	22 Weight Watchers ++ (drop in) 12-12:30pm; 2601 MP (room 108)	23 Chair Massage 200 Oak Street 11AM-4PM	24	25
26	27	28 Weight Watchers ++ (drop in) 12-12:30pm; 215 N. Mason	29 Weight Watchers ++ (drop in) 12-12:30pm; 2601 MP (room 108)	30	31	SEPTEMBER 1st Deadline to qualify for 2019 Wellness Rate!!
						Log in to your Viverae account today to meet the requirements. www.connect.viverae .

++ Program is Eligible for \$500 Lifestyle Education Reimbursement

Events

CORE MOTION FITNESS BOOT CAMP

August/September Session

Camp Includes:

Full Body Conditioning
Fitness Assessments
Nutritional Guidance
Team Atmosphere

Mon/Wed: Aug 13-Sep 26

5:30 PM: 2601 Midpoint Dr. Suite 100

Tue/Thur: Aug 14-Sep 27

6:00 AM and 5:15 PM: 214 Howes St.

Don't Forget!

If you are a Larimer County employee on the medical plan, you have the benefit of utilizing the Fitness Center at the Wellness Clinic for FREE!!!!

Contact Andrea Bilderback @ abilderback@larimer.org to schedule your orientation to access the gym.

Inspiration Series

Human-Animal Bond, Healing Power of Pets

Wednesday, August 8th

12-1PM @ 200 Oak St. Lake Loveland Room

Facilitated by HABIC

2018 Peach Festival

Downtown Fort Collins

Saturday, August 18th

9AM-5PM

Fort Collins Peach Festival is a fundraiser that supports STEM Education in Fort Collins through the Rotary Clubs of Fort Collins

Event Info:

<http://fortcollinspeachfestival.com/>

Race Info:

<http://fortcollinspeachfestival.com/5k-race/>