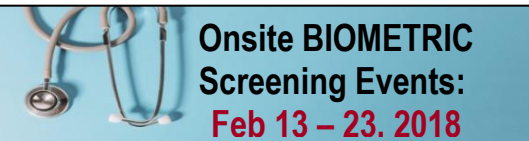


February 2018 BAM Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6 <ul style="list-style-type: none"> • Weight Watchers +* (drop in) 12-12:30pm; 215 N. Mason; Click Here for more info. 	7 <ul style="list-style-type: none"> • Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info. 	8 <ul style="list-style-type: none"> • BAM Inspiration Series What's Your Possibility? Going Beyond Perceived Limits. With Dan Berlin. 12pm-1pm, 200 W Oak (Hearing Room) Click Here for more info. 	9
12	13 <ul style="list-style-type: none"> • Weight Watchers +* (drop in) 12-12:30pm; 215 N. Mason; Click Here for more info. 	14 <ul style="list-style-type: none"> • Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info. <p>Valentine's Day</p>	15	16
2018 Biometric Screenings				
19 President's Day County Offices Closed	20 <ul style="list-style-type: none"> • Weight Watchers +* (drop in) 12-12:30pm; 215 N. Mason; Click Here for more info. 	21 <ul style="list-style-type: none"> • Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info. 	22 <ul style="list-style-type: none"> • Chair Massage 11:00-4:15pm; 200 W Oak (Lake Loveland Room, 2nd floor); Click Here for more info. 	23
2018 Biometric Screenings				
26	27 <ul style="list-style-type: none"> • Weight Watchers +* (drop in) 12-12:30pm; 215 N. Mason; Click Here for more info. 	28 <ul style="list-style-type: none"> • Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info. 		



For Medical Plan Members
Includes fasting blood draw, blood pressure, and BMI screening.
Helps you to stay up to date on your health and disease risk.

Tues 2/13 Courthouse Office: 6:30-10:30 AM
Wed 2/14 Human Services: 7:00-11:00 AM
Thurs 2/15 Horsetooth Information Center: 6:30-9:30 AM (location change)
Thurs 2/15 Solid Waste: 7:00-9:00 AM
Fri 2/16 Human Services: 7:00-10:30 AM
Sat 2/17 Human Services: 7:00-10:30 AM
Tues 2/20 SO Administration: 7:00-11:00 AM
Tues 2/20 ASD Building: 4:00-6:00 PM
Wed 2/21 Fairgrounds/Ranch: 8:00-10:00 AM
Thurs 2/22 Courthouse Office: 7:00-11:00 AM
Thurs 2/22 Estes Park: 7:30-8:30 AM
Fri 2/23 SO Administration: 7:00-10:00 AM
Fri 2/23 Loveland Workforce Center: 7:00-

Register for Biometric Screening [Here](#).



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.

Snowshoeing Basics*

Saturday, February 3, 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 the experienced REI staff for a class on the basics of snowshoeing. Class will focus on the appropriate selection of gear as well as the basics on what you need and where to go to get started. This class will provide a great introduction to the sport! Register and find other REI classes offered [Here](#).

Catch Me If You Can*

5K and 10K Run/Walk

Saturday, February 10th 9am

Odell Brewing, 800 East Lincoln St. Fort Collins CO

Celebrate Valentine's Day with a fun social activity! For this race, ladies get a 3 minute head start. So gentleman, do you think you can catch up? For info on pricing and registration click [Here](#).



Larimer County Natural Resources Events*

[Website](#)

Lunchtime Yoga for County Employees*

February 13th and 27th 12pm-1pm

212 S Mason St. Fort Collins CO,
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](#).

Winters Farmers' Market

Saturday, February 10th & 24th 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](#)

Core Motion Boot Camp*+

February 22 – April 12

Midpoint Camps in AM and PM on Mon & Wed

Old Town Camps in AM and PM on Tues & Thurs

7 Week, 14 session boot camp for \$165. Eligible for reimbursement upon 75% completion. Whole body conditioning, fitness assessments, nutrition guidance, team atmosphere, and all levels are welcome. Click [Here](#) for detailed times and registration.

Grow Your Own Veggies*

Saturday, February 24th 10am-12pm

Create your own food-producing gardens at home. Get tips on garden size, site selection, container possibilities, choosing seeds and transplants. Learn how and when to plant, tend and harvest your garden. Plant lists will be provided and our Plant Sale showstoppers highlighted.

Instructor: Mary Miller, Community Garden Outreach Coordinator, Gardens on Spring Creek

Cost: \$18

To register, click [Here](#), or call (970) 416-2486



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](#)

Horsetooth Half Marathon Training*

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