



July BAM Calendar 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Don't Forget to REGISTER for SUGAR SMASHERS Challenge through Viverae! MORE INFO	3	4 Happy Independence Day! Firecracker 5K More Info Here	5 Traveling Nurse @ 200 Oak Street 7-11 AM 1525 Blue Spruce 12-3:30 PM 970-980-2425 to schedule	6 Fitness Fridays @ the Wellness Clinic (See description on next page)	7
8	9	10 • Weight Watchers +* (drop in) 12-12:30pm; 215 N. Mason; Click Here for more info.	11 • Boost Your ZEN, 12-1 @ 1501 Blue Spruce Dr. • Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info.	12	13 Fitness Fridays @ the Wellness Clinic	14
15	16	17 • SUGAR SMASHERS* begins! MORE INFO • Weight Watchers +* (drop in) 12-12:30pm; 215 N. Mason; Click Here for more info.	18 • Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info.	19	20 Fitness Fridays @ the Wellness Clinic	21
22 Xterra Beaver Creek Trail Run More Info Here	23	24 • Weight Watchers +* (drop in) 12-12:30pm; 215 N. Mason; Click Here for more info.	25 • Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info.	26 Traveling Nurse @ 205 E. 6 th Street Loveland Call 970-980-2425 to schedule	27 Fitness Fridays @ the Wellness Clinic	28 Human Race More Info Here
29	30 • Weight Watchers +* (drop in) 12-12:30pm; 215 N. Mason; Click Here for more info.	31				

EVENTS

Boost Your ZEN

Join us for an interactive workshop to help you boost focus, clarity, productivity, and empower you to manage your stress with effective coping strategies. Practical bite-sized tools will be provided to help save time, reduce stress, and help you feel renewed and inspired.

Facilitator: Grace Estripeaut, CEO

Registration and info [HERE](#)

Human Race

5k MAN VS MACHINE CHALLENGE

In the unique Man vs Machine challenge, runners toe the line with historic Trolley Car 21, racing through the course to see who's faster - Man or Machine. Think you're faster than the trolley?

Sign up to see if you will go home with the special bragging rights hat.

[Registration HERE](#)

Fitness Fridays @ the Wellness Clinic

If you're scheduled for an appointment on Friday, you can choose to participate in any one exercise randomly selected from our bowl-of-motivation, and win a prize! The staff will work out with you, and you will also be entered into our monthly drawing for a piece of exercise equipment.

No appointment? No problem! Stop by any time on Fridays and participate! The staff will also be participating in monthly fitness "challenges." We will have copies of these challenges available for our patients to take, as well, if they want to stay on track with the staff. Here at Marathon Health, we're focused on walking the talk and living the mission!

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 in order to access the gym.