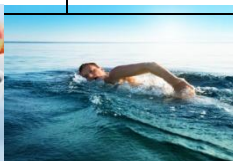


June 2018 BAM Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1 Fire Hydrant 5K walk/run benefiting Larimer Humane Society: Saturday, June 2nd Poudre River Fest Saturday, June 2nd
4	5	6 • Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); See second page for more info.	7	8
11	12 • Weight Watchers +* (drop in) 12-12:30pm; 215 N. Mason; Click Here for more info.	13 • Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); See second page more info.	14	15 Sierra's Race Against Meningitis 5K Run/Walk: Saturday, June 16th Father's Day 5K , includes 1 mile kids fun run: Sunday, June 17th
18 • Boot Camp 5:30 -6:30 PM; 2307 Midpoint, Powderhorn Room	19 • Boot Camp 6:00-7:00 AM; 214 Howes, City Wellness Annex • Weight Watchers +* (drop in) 12-12:30pm; 215 N. Mason; Click Here for more info. • Boot Camp 5:15-6:15 PM; 214 Howes, City Wellness Annex	20 • Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info. • Boot Camp 5:30 -6:30 PM; 2307 Midpoint, Powderhorn Room	21 • Boot Camp 6:00-7:00 AM; 214 Howes, City Wellness Annex • Boot Camp 5:15-6:15 PM; 214 Howes, City Wellness Annex	22 Loveland Lake to Lake Triathlon Saturday, June 23rd
25 • Boot Camp 5:30 -6:30 PM; 2307 Midpoint, Powderhorn Room	26 • Boot Camp 6:00-7:00 AM; 214 Howes, City Wellness Annex • Weight Watchers +* (drop in) 12-12:30pm; 215 N. Mason; Click Here for more info. Boot Camp 5:15-6:15 PM; 214 Howes, City Wellness Annex	27 BIKE to WORK DAY! • Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info. on • Boot Camp 5:30 -6:30 PM; 2307 Midpoint, Powderhorn Room	28 • Boot Camp 6:00-7:00 AM; 214 Howes, City Wellness Annex • Chair Massage (Hawten Slaton) 12:15-3:15pm; 200 W Oak (Lake Loveland Room, 2 nd floor) contact 970-690-5527 or hawten@callhawten.com to schedule • Boot Camp 5:15-6:15 PM; 214 Howes	29



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 Benefits page on the Bulletin Board.

Poudre RiverFest

Sat, June 2nd, 12:00pm-6:00pm

Poudre RiverFest is a free, family-friendly festival that restores, celebrates and educates people about the Cache la Poudre River. Event will feature a variety of activities for people to explore the role of the river as an important habitat for wildlife, a recreation area, and a source for clean drinking water. Click for more information.



Community Runs and Walks*

June 2nd –Fire Hydrant 5K; [Website](#)



LARIMER HUMANE SOCIETY

June 16th - Sierra's Race Against Meningitis; [Website](#)

June 17th - Father's Day 5K; [Website](#)



Larimer County Farmer's Market:

Every Saturday, 8:00am-12:00pm

200 South Oak Street

Click [Here](#) for vendors and more information.



National Trails Day at Young Gulch

Sat, June 2nd, 8:00am

Fort Collins, WRV office

Get outdoors and give back! Volunteers of all ages are invited to help maintain the trails at Bobcat Ridge. Kid-friendly projects and activities will be available. A free celebratory lunch will be offered at noon. This project is sponsored by REI, Backcountry Delicatessen and Larimer County Conservation Corps. All volunteers under the age of 16 must be with an adult 18+. **Registration is required.** For more information and to register, Click [Here](#).

Loveland Lake to Lake Triathlon*

Sat, June 23rd, 6:30am

One Day- 3 Events (Olympic, Sprint and Aquabike)

The Loveland Lake to Lake Triathlon provides triathlon enthusiasts with a safe and enjoyable event in which to compete, regardless of their competitive level. It promotes the triathlon sport and the opportunity to give back to the community. For more information and to register, Click [Here](#)



Bike to Work Day*

Wed, June 27th, 8:00am

Bike to Work Day events are fun ways to encourage new bicycling habits and reward existing cyclists, not to mention make connections with local businesses that support bicycling!

Bike to Work Day, local businesses host stations located throughout the city and distribute free breakfast, coffee, and other breakfast treats to people that arrive by bike. Some stations host games, trivia, and general camaraderie, all of which are encouraged to help establish a unique identity to breakfast stations. FC Bikes, a City of Fort Collins program, coordinates the event, plans station locations, and helps connect businesses with one another. Click [here](#) for more information.

