

March 2018 BAM Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	<ul style="list-style-type: none"> Weight Watchers +* (drop in) 12-12:30pm; 215 N. Mason; Click Here for more info. Crucial Conversations * 8:00am - 4:30pm; Carter Lake, First Floor, 200 W Oak Street Click here for info. 	<ul style="list-style-type: none"> Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info. Crucial Conversations * 8:00am - 4:30pm; Carter Lake, First Floor, 200 W Oak Street Click here for info 	8	9
12	<ul style="list-style-type: none"> Weight Watchers +* (drop in) 12-12:30pm; 215 N. Mason; Click Here for more info. Yoga: 12:00-1:00pm All Levels Yoga for County Employees with Savana 212 S Mason St. Link. 	<ul style="list-style-type: none"> Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info. 	15	16
19	<ul style="list-style-type: none"> Weight Watchers +* (drop in) 12-12:30pm; 215 N. Mason; Click Here for more info. 	<ul style="list-style-type: none"> Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info. <p>Colorado Peaks Challenge – Registration Opens!</p>	<ul style="list-style-type: none"> Chair Massage 11:00-4:15pm; 200 W Oak (Lake Loveland Room, 2nd floor); 	23
26	<ul style="list-style-type: none"> Weight Watchers +* (drop in) 12-12:30pm; 215 N. Mason; Click Here for more info. Yoga: 12:00-1:00pm All Levels Yoga for County Employees with Savana 212 S Mason St. Link. 	<ul style="list-style-type: none"> Weight Watchers +* (drop in) 12-12:30pm; 2601 MP (room 108); Click Here for more info. 		

Coming in April...

- **April 4, 8am-6pm**
Reach your Summit: 2018 Prevention Fair
2601 Midpoint Dr.
 - Benefit Vendors
 - Games/Prize Drawings
 - Healthy Cooking Demo
 - Chair Massage
 - Boot Camp Demo
 - Fitness Campaign Kick-off
- **April 4 – May 2 (4-weeks)**
Colorado Peaks Challenge
Spring Fitness Campaign
 - Team/Individual Prizes
 - Peak of the Week
 - Weekly Group Hikes
- **April 11, 12-1pm**
Get Inspired Series- Human Animal Bond: The Healing Power of Pets
2573 Midpoint Dr.
 - Inspirational Stories
 - Therapy Dogs & Cats



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.

Lunchtime Yoga for County Employees*

March 6th and 20th 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: Savannah Benedick
Register [here](#).

Winter Mountaineering in the Rockies*

March 15th – 6:30-8:00pm
REI Fort Collins, 4025 S. College Ave.

Join REI for this free class to learn more about the necessary skills, gear, and know-how for safely summiting high altitude peaks in winter conditions. More details [here](#).

Old Town Yoga Studio*

235 Jefferson St.
Offering ongoing \$5 classes

Monday through Friday at 1:30pm
Monday 8:30pm,
Thursday at 8:30pm
AND Sunday 1:30pm Meditation class

Winters Farmers' Market

Saturday, March 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](#).

Food for Life Cooking Classes +*

March 20th – April 10th: Tuesdays 6-8pm
\$90 for all 4 classes
Or
March 20th- 6-8pm
\$20 for single class

The Power of Food for Cancer Prevention and Survival. This 4-class series includes discussion on maintaining a healthy weight and a variety of cancer related topics demonstrating how to prepare delicious, simple and healthy meals easily recreated at home.

Weekly topics: Introduction to How Foods Fight Cancer, Fueling up on Low-Fat, High-Fiber Foods, Discovering Dairy and Meat Alternatives, Cancer-fighting Compounds and Healthy Weight Control. More information [here](#).

Spring Equinox Marathon and 5 mile run*

March 26th, 7:00am
Anheuser Busch Biergarten
2351 Busch Drive Fort Collins, CO

\$80-\$90 (Varies on race type and date of registration)
Scenic country roads make for a great Spring half marathon! Course is an out & back with a mix of paved & dirt roads, Northwest of the brewery. Celebrate the 1st day of Spring with an early season race! Contact phone and email: (970)744-1917, hannah@greeneventscos.com. Register [here](#).



Coming up:

April 2-14, City of Fort Collins Master Home Educator Training *

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 evenings/weekends, April 2-14), More information [here](#).