


# May 2018 BAM Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <ul style="list-style-type: none"> <li>• <b>Weight Watchers +*</b>(drop in) 12-12:30pm; 215 N. Mason; <a href="#">Click Here</a> for info</li> <li>• <b>NAMI Support Group</b> 6:30-8pm, 242 Conifer Street</li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li>• <b>Weight Watchers +*</b>(drop in) 12-12:30pm; 2601 MP (room 108); <a href="#">Click Here</a> for info.</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>• <b>Traveling Nurse Onsite Appt. Loveland 12-3:30pm</b> Call (970) 980-2425 to Register</li> </ul>	<p>4</p> <p><b>Events on the Weekend</b></p> <ul style="list-style-type: none"> <li>• Colorado Marathon, Sun 6:30am</li> </ul>
<p>7</p>	<p>8</p> <ul style="list-style-type: none"> <li>• <b>Weight Watchers +*</b>(drop in) 12-12:30pm; 215 N. Mason; <a href="#">Click Here</a> for info</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>• <b>Weight Watchers +*</b>(drop in) 12-12:30pm; 2601 MP (room 108); <a href="#">Click Here</a> for info.</li> </ul>	<p>10</p>	<p>11</p>
<p>14</p> <ul style="list-style-type: none"> <li>• <b>Lunch and Learn</b> 11:30 am, The Elizabeth Hotel</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>• <b>Weight Watchers +*</b>(drop in) 12-12:30pm; 215 N. Mason; <a href="#">Click Here</a> for info</li> <li>• <b>NAMI Support Group</b> 6:30-8pm, 125 Crestridge Street</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>• <b>City of Fort Collins/Larimer County Blood Drive* 9am-2:30pm, 2573 Midpoint Drive</b></li> <li>• <b>Weight Watchers +*</b>(drop in) 12-12:30pm; 2601 MP (room 108); <a href="#">Click Here</a> for info.</li> </ul>	<p>17</p>	<p>18</p> <p><b>Events on the Weekend</b></p> <ul style="list-style-type: none"> <li>• Larimer County Famers Market, Sat, 8am-12pm</li> <li>• Growing Food 101, Sat, 10am-12pm</li> </ul>
<p>21</p>	<p>22</p> <ul style="list-style-type: none"> <li>• <b>Weight Watchers +*</b>(drop in) 12-12:30pm; 215 N. Mason; <a href="#">Click Here</a> for info</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>• <b>Weight Watchers +*</b>(drop in) 12-12:30pm; 2601 MP (room 108); <a href="#">Click Here</a> for info.</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>• <b>Chair Massage (Hawten Slaton)</b> 11am - 4:15pm; 200 W. Oak (Lake Loveland Room) Email Hawten <a href="#">Here</a>.</li> </ul>	<p>25</p> <p><b>Events on the Weekend</b></p> <ul style="list-style-type: none"> <li>• Larimer County Famers Market, Sat, 8am-12pm</li> </ul>
<p>28</p>	<p>29</p> <ul style="list-style-type: none"> <li>• <b>Weight Watchers +*</b>(drop in) 12-12:30pm; 215 N. Mason; <a href="#">Click Here</a> for info</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>• <b>Weight Watchers +*</b>(drop in) 12-12:30pm; 2601 MP (room 108); <a href="#">Click Here</a> for info.</li> </ul>	<p>31</p> <ul style="list-style-type: none"> <li>• <b>Traveling Nurse Onsite Appt. 200 Oak Street 7-11am</b> <b>1525 Blue Spruce 12-3:30pm</b> Call (970) 980-2425 to Register</li> </ul>	



# 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.

## [Colorado Marathon\\*](#)

Sun, May 6<sup>th</sup>  
Marathon/Half Marathon @ 6:30am  
5K/10K @ 7am  
Poudre Trail/Finish at Old Town Square (Fort Collins)  
The Colorado Marathon, a Boston qualifier, is the fastest and most scenic marathon in Colorado. [Website](#)  
Contact Info: Logan Martin-  
logan@thecoloradomarathon.com

## [Lunch and Learn Fundraiser](#)

May 14, The Elizabeth Hotel  
Registration, Networking @ 11:30 a.m. Lunch served promptly at 12 noon  
A panel discussion with breast cancer survivors sharing lessons they have learned through their diagnosis and treatment. [Website](#)



## [Blood Drive\\*](#)

Wed, May 16<sup>th</sup> 9am-2:30pm  
2573 Midpoint Drive  
For more information or to schedule an appointment click [here](#), or call (303) 363-2300.

## [NAMI Monthly Support Group](#)

Tues, May 1<sup>st</sup> 6:30-8pm, Mary Alive Murphy Center for Hope; 242 Conifer St.  
Tues, May 15<sup>th</sup> 6:30-8pm, Touchstone Health Partners; 125 Crestridge St.  
NAMI (National Alliance on Mental Illness) Larimer county, has monthly support groups for families and friends who have loved ones with mental illness.  
Contact: Cathy (970) 282-8796

## [Larimer County Farmers Market](#)

Sat, May 19<sup>th</sup>, 26<sup>th</sup>, 8am-Noon  
Located in beautiful Old Town Fort Collins, we are run by Colorado State University Master Gardeners. All the products offered are grown, produced, and made by local vendors.



## [Community Runs & Walks\\*](#)

May 6<sup>th</sup>- Colorado Marathon/Half/10K/5K; [Website](#)  
May 18<sup>th</sup>- Independence Walk Run & Roll 5K; [Website](#)  
May 12<sup>th</sup>- New Vision Charter School; [Website](#)  
May 28<sup>th</sup>- Colorado Run 10K; [Website](#)

## [Growing Food 101](#)

May 19<sup>th</sup> 10 am-Noon  
Gardens at Spring Creek 10am – 12pm  
Learn the fundamentals of what creates a thriving and productive food garden from garden site considerations to choosing and using organic fertilizers and so much in between. A fun and engaging beginner to intermediate course. Registration [here](#).

## [Weight Watchers+\\*](#)

Tuesday and Wednesday of every month, 12-12:30pm  
Tuesday Location: 215 N. Mason  
Wednesday Location: 2601 Midpoint (Room 108)

**Weight watchers is eligible for reimbursement through the Lifestyle Reimbursement program on the County medical plan.**

Weight Watchers is based on the SmartPoints system, which encourages eating fruits, veggies, and lean protein, with less sugar and unhealthy fats.

What to expect at a meeting: motivation and togetherness, lean on fellow members for the tips and advice you need to stick with it, and guidance from a leader who's been there.

