

October BAM Calendar

BODY and MIND... Just for the health of it!



| Mon | Tue | Wed | Thu | Fri |
|--|--|--|--|-----|
| 3 | 4 | 5 * <u>City and County Health Fair And Walk In Flu Shot Clinic</u> Northside Aztlan Center, 112 E Willow, FC, 11AM-5PM, Free | 6 | 7 |
| 10 * <u>Flu Shot Clinic Today</u> Get Up and Go Campaign Ends! | 11 * <u>Webinar: Letting Go of The Things That Hold You Back</u> 1-2PM, Free | 12 * <u>Flu Shot Clinic Today</u> | 13 * <u>Flu Shot Clinic Today</u> | 14 |
| 17 | 18 * <u>Flu Shot Clinic Today</u> | 19 | 20 * <u>Bone Health</u> 205 E 6th Street, LV, Room 150, 1st Floor, 12-1PM; Free * <u>Flu Shot Clinic Today</u> | 21 |
| 24 | 25 <u>Chair Massage Clinic</u> 2601 MP, Room 108, 10:15AM - 2:15PM; \$1/minute | 26 | 27 * <u>Biggest Loser - True Weight Loss Story</u> CH, Lake Estes Room, 1-2PM; Free <u>Chair Massage Clinic</u> CH, Lake Loveland Room, 12:15 - 3:15PM; \$1/minute * <u>Flu Shot Clinic Today</u> | 28 |
| BAM 5-Point REFRESH Campaign will start at the end of October! Watch for details! | | | | |

Disclaimer: List is not all inclusive. Larimer County does not purport to support or endorse any particular program or organization mentioned in this resource.

Coming Up Next Month...

Lunch and Learns:

- 10 Steps For Stress Reduction
- Diabetes: Stay Aware!

Webinars:

- Where Are You Going? Goal Setting For Personal and Professional Success

Walk In Flu Shot Clinic - The Ranch

Chair Massage Clinics

Check out these classes and more on the HR BAM Training Page:

<http://bboard/training/schedule.cfm?type=BAM>

Larimer County
BODY & MIND Wellness Program
Questions? Contact Liz DeJongh,
Wellness Benefits Coordinator
498-5984

KEY: * Worth Wellness Points on Wellness Tracking Tool; † Eligible for reimbursement through County's Medical Insurance; **CH:** Courthouse; **BS:** Blue Spruce; **MP:** Midpoint; **LV:** Loveland; **FC:** Fort Collins; **EP:** Estes Park



October 2011:

Community Sponsored Events

Friendly Reminder... There are many events in the community that are wellness related and meet the criteria for BAM wellness points on the [Wellness Tracking Tool](#)! Each month BAM highlights some of these events on this community calendar. If an event has an asterisks (*) next to it, it means it is worth wellness points. If an event has a dagger (†) next to it, it means it can qualify for the \$500 lifestyle management reimbursement credit for members of the County's Medical Insurance Plan. Click [here](#) to download more info about this credit or visit the Benefits page on the Bulletin Board.

Saturday, October 1

CREATE in The Gardens on Spring Creek:

The first Saturday of the month, June through October, will offer something new, fresh and exciting at The Gardens! Register at The Gardens, by calling 416-2486, or online at fcgov.com/webtrac. See [details](#).

Thursday, October 6

* † **Dining with Diabetes:** CSU Gifford Building, FC. This 4-class program starts today! It is a positive and proactive approach to reducing the effects of diabetes! Learn meal planning, portions, and how to make healthful food choices. Classes include diabetes and nutrition education; food demonstrations, tasting, and hands-on cooking; and physical activity tips and recommendations. Register [online](#) or call 970-491-8615. \$100

Wednesday, October 12

* † **Delectable Desserts in a Healthy Way:** Mckee Education Office, 1825 E. 18th St. LV, 5-6:15PM; \$15. Taught by a registered dietitian. To register call 669-9355. More info [online](#).

Wednesday, October 12

* † **Making Yogurt at Home:** Larimer County Extension Office, 6-8PM, \$25. Learn safe and easy methods for making yogurt and yogurt cheese in this workshop. Taste testing included! More info [online](#).

Monday, October 17

* † **Nutrient Dense Cooking Class:** Whole Foods, FC, 6-8PM, \$25. In this class, you will discover fresh ways to build healthy and satisfying meals from the most nutrient dense fruits, veggies, whole grains, and beans. Learn to eat well without compromising flavor! Call 267-9200 to register. Taught by Lara Ulfers, R.D. More info [online](#).

Friday, October 21

* † **Harvest Vegetables:** CSU Gifford Building, FC, 12-1:30 PM, \$20. Utilize a variety of cooking methods to prepare the secret ingredient, discuss ways to store and preserve extra veggies, and learn tips for eating seasonally. Call 491-8615 or register online at www.nutritioncenter.colostate.edu.

Saturday, October 22

* † **Sauerkraut and Fermented Vegetables:** Larimer County Fairgrounds, McKee Building, LV. 9-11AM, \$25. Learn the science of preparing and storing sauerkraut and other fermented vegetables safely in this hands-on workshop. Register [online](#) or by calling 498-6000.

Wednesday, October 26

* **Lunch with Lara:** Whole Foods, FC, 12-1PM. Join R.D., Lara, as she guides you through practical tips for sustainable weight loss and weight management. A light lunch will be served. Free with pre-registration. Call 267-9200 to register, more info [online](#).

Saturday, October 29

* † **30 Minute Meals:** Whole Foods, FC, 6-8PM, \$30. Need dinner ideas for when you're in a hurry? Let Jamie and Lois from iMade show you their arsenal of healthy, quick-cooking meals. You'll learn tons of delicious recipes and time-saving tips and tricks to make your supertime a cinch! Call 267-9200 to register; more info [online](#).