

Wellness Events

Fall Semester 2024



Worksite Wellness

Classes

Live Cooking Demo

Sept. 19, 4:30 - 6:00 pm

If you like good food and learning how to make it this class is for you! We will learn about and taste some delicious Mediterranean style dishes.

Medicare Basics (Virtual)

Sept. 24, 4:30 - 5:30 pm

This Medicare class provides an educational overview of Medicare. You will learn more about enrolling, Original Medicare, Medicare Advantage, Medicare Supplement (Medigap), drug coverage, PERA Medicare, and available resources in Boulder County. This is a good first step to choosing what is right for you.

Why Sleep Matters (Virtual)

Nov. 12, 4:30 - 5:30 pm

If you have been looking for a class on how to improve your sleep habits, look no further. Get simple and effective tools to improve your ability to rest, relax, and sleep!

Watch Your Back (Virtual)

Dec. 3, 4:30 - 5:30 pm

Find out how to protect your back with better posture, sleep positions, stretching, exercise, and reducing stress. If your work requires heavy lifting, you shovel snow, lift your kids, or start a new workout program you'll want to check this class out!

Sign ups are located on the next page and more information can be found on the Wellness Website.



Special Events

Virtual Yoga Classes

Thursdays, Oct. 3 - Nov. 7, 4:30 - 5:30 pm

Join certified instructors every Thursday for 6 weeks of online, stress free yoga. These virtual classes offer you flexibility to join from anywhere and be a part of bettering your overall health.

Walktober

Get your walking shoes ready for our 6th annual Walktober walking challenge! This challenge runs from Oct. 1st - Oct. 31st, with sign ups opening September 16th. Mark your calendars and rally your teammates now!

Mochas and Mammos

UMR Members (age 40 and up):

Oct. 19 from 8:00 am-Noon. Watch your email for more info.

Moonlight Mammograms

Kaiser Members:

Nov. TBD. Watch your email for more info.

Winter Reading Challenge

This reading event runs over winter break and will feature different challenges for you to complete! More information to follow!

Biometric Screenings and Flu Shots

Erie Middle School

Wed, Oct. 16, 3:30-6:30pm

Frederick High School

Thurs, Oct. 17, 2:30-5:30pm

Education Service Center

Sat, Oct. 19, 7 - 11am

Mon, Oct. 21, 7 - 11am

CETC / New Meridian High School

Tues, Oct. 22, 2:30 - 5:30pm

Coal Ridge Middle School

Wed, Oct. 23, 3:15-6:15pm

Sign Ups

Cooking Demo



Medicare Basics



Why Sleep Matters



Biometric Screenings



Virtual Yoga



Watch Your Back



Winter Reading Challenge



Addresses for In-Person Events:

- Erie Middle School
 - 650 Main St. Erie, CO
- Frederick High School
 - 5690 Tipple Pkwy Frederick, CO
- Education Service Center
 - 395 S. Pratt Pkwy Longmont, CO
- CETC / New Meridian
 - 1200 S. Sunset St, Longmont, CO
- Coal Ridge Middle School
 - 6201 Booth Drive Firestone, CO