



## 2010-11 Living Well @ GFPS Reward Program Approved Events and Educational Forums

*If you have events or forums that you would like considered for approval,  
call Danielle Funseth at 6770.*

### **Educational Forums: 50 Rewards Points Each - 250 points maximum**

*If you attend any of these forums, please write the date and title in your Living Well booklet on page 8. Various additional educational forums are available for points at <http://www.benefis.org/calendar>. Please call Danielle at the CARE office with any questions.*

#### **September**

9/2	District Insurance & Financial Meeting	PGEC	3:45 pm
9/14	District Insurance & Financial Meeting	EMS – Room D-2	3:45 pm
9/15	District Insurance & Financial Meeting	DOB - Aspen	5:00 pm
9/16	District Insurance & Financial Meeting	DOB - Aspen	10:00 am
9/16	District Insurance & Financial Meeting	NMS – Room 303	3:45 pm
9/20	District Insurance & Financial Meeting	DOB - Aspen	4:00 pm
<i>*Only 1 district Insurance &amp; Financial meeting can be included in booklet for points.</i>			
9/21	Men's Health – The Whole Nine Yards	Sletten Cancer Institute	5-7:30 pm
9/22	Whittle – The Affects of Obesity	PGEC	4:30 pm
9/29	Whittle – Desk Jockey Ball Workout	PGEC	4:30 pm

#### **October**

10/6	Whittle – Change Your Brain Change Your Body	PGEC	4:30 pm
10/8-10/10	What Women Want Expo Events	Four Seasons	
10/13	Whittle – Tabata – 4 Minute Workout	PGEC	4:30 pm
10/20	Whittle – Know Your Numbers	PGEC	4:00 pm
10/27	Whittle – Just Band It!	PGEC	4:00 pm

#### **November**

11/3	Whittle – Nutrition Update – Whole Grains	PGEC	4:00 pm
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#### **January**

1/19	Whittle – Healthy Thinking	PGEC	4:30 pm
1/26	Whittle – Motion Changes Emotion	PGEC	4:30 pm

#### **February**

2/2	Whittle – Understanding Anxiety	PGEC	4:30 pm
2/9	Whittle – Good Food for Good Mood	PGEC	4:30 pm
2/15	Healthy Heart	Benefis	5:30 pm
2/16	Whittle – Balancing Life and Work	PGEC	4:30 pm
2/23	Whittle – Stress and Stress Management	PGEC	4:30 pm
2/26	Day of Dance	Paris Gibson	11-4

#### **March**

3/2	Whittle – Alcohol and Your Health	PGEC	4:30 pm
3/21	Dr Orcutt- Varicose Veins	DOB- Aspen	4-6 pm
3/24	Getting to the Bottom of Colon Cancer 455-4806	Benefis South Tower	5-7 pm
3/26	Cascade Community Health Fair	MSUCOT	

#### **April**

4/2	Fresh Food Forum <a href="http://www.gardensfromgarbage.org">www.gardensfromgarbage.org</a>	GF Salvation Army Com. Center	8-1pm
4/12	Hips, Hormones, and Hot Flashes	Cameron Aud. Benefis East	5-7 pm

## **Community Exercise Events: 100 Rewards Points Each - no maximum**

*If you attend any of these events, please write the date and title in your Living Well booklet on page 9.*

### **September**

- 9/11 Kickin 1/2 marathon and 10k- Great Falls [www.runmt.com](http://www.runmt.com)  
9/12 Memory Walk- (406-252-3053 [alzelser@bresnan.net](mailto:alzelser@bresnan.net)) Gibson Park 1,2,3 mile walk  
9/18 Autism Walk- Gibson Park 10am  
9/18 Benefit Sam Kolve walk/run – Black Eagle Park 3pm

### **October**

- 10/9 What Women Want Fun Run- Great Falls [www.runmt.com](http://www.runmt.com)  
10/16 Zumba for Kids Sake Zumbathon- flyer- Heisey Youth Center, Great Falls 11:00-1:00  
10/16 Under the Big Sky Buddy Walk- Gibson Park 11am <http://www.buddywalk.org>  
10/16 Harvest Classic 5k walk/run- Gibson Park 9:30am [www.runmt.com](http://www.runmt.com)  
10/16 Bowl for Kid's Sake- Benefit for Big Brothers and Big Sisters <http://www.bbbs-gf.org/>  
10/23 Bowl for Kid's Sake- Benefit for Big Brothers and Big Sisters <http://www.bbbs-gf.org/>

### **November**

- 11/25 Burn the Bird 5k and 10k <http://burnthebirdmt.com>

### **December**

### **January**

- 1/8 Winter Trails Day -Winter Recreation Parking Lot-Kings Hill- Reservations Required- 791-7700

### **February**

- TBD Mystery half Marathon [www.racemt.com](http://www.racemt.com)

### **March**

- 3/12 St. Patrick's Day Dash- Great Falls [www.racemt.com](http://www.racemt.com)  
3/19 Belt Headwaters Relay- Showdown Ski Area [www.racemt.com](http://www.racemt.com)  
3/19 Moonlight Ski at Silvercrest- 7:30pm contact Forest service for more information

### **April**

- 4/16 Great Falls CROP Hunger Walk  
4/17 Icebreaker Road Race <http://www.icebreakergf.com/>  
4/27 GFPS Spring Celebration- Fun walk on the River's Edge Trail

### **May**

- 5/1 Bloomsday- Spokane 7.5 mile run/walk <http://www.bloomsdayrun.org/>  
5/7 March of Dimes for Babies Walk- Expo park  
[https://www.marchofdimes.com/montana/2726\\_26355.asp](https://www.marchofdimes.com/montana/2726_26355.asp)  
5/21 Walk for MS- Gibson Park <http://walkwas.nationalmssociety.org/>  
5/22 Buffalo Jump 10k & Half Marathon (Ulm)  
5/22 Weight Watchers Walk – 5k (GF)

### **June**

- 6/4 Spring Fling Hoop Thing- Must be registered on a team and play as a participant  
6/4 Summer Trails Day- More information to come  
6/7 HOSA Fun Run for Prostate Cancer 5:30  
6/9-11 Senior Olympics- Must be registered and be a participant [www.montanaseniorolympics.org](http://www.montanaseniorolympics.org)  
6/11 Cruise for Kids (Cascade/Ulm)  
6/18 RaceMT Harvest Duathlon (Ulm)  
6/24 Relay for Life  
6/25 GFH XCcountry Run- 2k and 8k

## July

### **Other GFPS Events: Points to be determined per event - no maximum**

*If you attend any of these events, please write the date and title in your Living Well booklet on page 9. Only one Movement in the Classroom session will count for points.*

#### **December**

12/2 Movement in the classroom – 50 points West Elementary 4:15 pm  
Contact Allison Struber for registration #6782

#### **January**

1/10 Movement in the classroom – 50 points Lewis & Clark 4:15 pm  
Contact Allison Struber for registration #6782

#### **March**

3/3 Movement in the classroom – 50 points Sunnyside 4:15 pm  
Contact Allison Struber for registration #6782

3/7-4/29 Tune up to Spring Program 2011- 50,000 weekly steps- 200 points

#### **April**

4/5 Movement in the classroom – 50 points Great Falls High 3:45 pm  
Contact Allison Struber for registration #6782

4/27 GFPS Spring Celebration Walk – 50 points Rivers Edge Trail (TBA) TBA

### **Completion of a formal Weight Loss Program @ 100 points:**

*Formal Weight Loss Programs that apply must be based on exercise and nutrition. Please add your points in on page 9.*

12/5-3/25 Blue Cross Blue Shield 12 week weight loss challenge