



**Approved Educational Forums
And
Community Exercise Events
As of 10/30/09**

**LIVING WELL@GFPS
REWARD PROGRAM
CHECKOFF**



**Educational Forums : 50 Living Well@GFPS Rewards Points Each
250 points maximum**

If you attended any of these events, please write the titles in your Living Well booklet on page 8:

October

- | | | | |
|------------|--|--------------------------|--------|
| 10/8-10/10 | What Women Want Expo Events: If you attended for at least one hour to include some kind of health education activity | | |
| 10/15/09 | Men's Health – The Whole Nine Yards | Sletten Cancer Institute | 5-8 pm |
| 10/29 | Life's Not a Spectator Sport—Joint health | Benefis Health Systems | 5-7 pm |

November

- | | | | |
|----------|-----------------------------------|------------------------|--------------|
| 11/3/09 | Retirement Forum – TRS | DOB – Aspen | 4-6:30 pm |
| 11/3/09 | Retirement Forum – PERS | DOB – Birch/Cedar | 4-6:30 pm |
| 11/17/09 | Type 2 Diabetes Ed. Support Group | Benefis Doctors' Plaza | 6:30-7:30 pm |

**Community Exercise Events: 100 Living Well@GFPS Rewards Points Each
No maximum**

If you attended any of these events, please write the titles in your Living Well booklet on page 9:

September

- | | |
|------|--|
| 9/18 | Walk for Autism |
| 9/24 | Don't Walk Out of Darkness Alone – Suicide Prevention Walk |

October

- | | |
|-------|-------------------------|
| 10/10 | What Women Want Fun Run |
| 10/17 | Harvest Classic 5K |

November

- | | |
|-------|---|
| 11/26 | Burn the Bird Run (Contact: Syd Rogers, 590-7937) |
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January

- | | |
|-----|---|
| 1/1 | Get Off Yer Duff Run—Choteau (Contact Syd Rogers, 590-7937) |
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March

- | | |
|------|--|
| 3/13 | St. Patty's Day Dash—Great Falls (Contact Jim Brewer, UGF, 791-5928) |
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April

- | | |
|------|---|
| 4/25 | Icebreaker Road Race (more information as the event approaches) |
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May

- | | |
|------|--|
| 5/23 | Buffalo Jump Half Marathon—Ulm (Contact Jim Brewer, UGF, 791-5928) |
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June

- | | |
|------|---|
| 6/12 | Cruise 4 Kids Bike Ride—Great Falls (Contact Wendy Lee, 868-1854) |
| 6/19 | Harvest Thunder Duathlon—Great Falls (Contact Gold's Gym, 727-8888) |

**Special Events @ GFPS: If you attended the Cross Town Run Around
on October 27, 2009 write in 100 points on page 9.**

This list will be updated monthly as we become aware of events.

Check the website for the most current listings:

<http://www.gfps.k12.mt.us/DistrictInformation/Wellness/Wellness.html>

**If you have events that you would like considered for approval,
call Mikie Messman at 6771.**