# WMC Community Days Calendar
# July 2017

## WMC FEATURED EVENTS

(Most of these events are not sponsored by WMC, but we encourage you to attend in an effort to promote getting outside and staying active and healthy.)

**WMC Weekend Wellness Event: Farmer's Market Tour**

Learn about eating local-seasonal food, GMO vs. non GMO foods, organic produce, eating healthy on a budget, and proper techniques for storing veggies to make them last!

-Date/Time: Saturday, 7/8, 10a-12p
-Location: Louisville Farmer's Market
-Cost: $10/person or $15/family
-Sign Up: To sign up, call me at 303-487-5177 or email stacey@westminstermedicalclinic.com.

**Mental Health First Aid**

Covers signs of emotion/behavioral health disorders. This module teaches the evidence based, 5 step plan. Free for anyone who works/lives in Adam County, $35 for those who do not.

-Adults Module: July 28th 8:00am-5:00pm
-Youth Module: July 17th 8:00am-5:00pm
-Contact: Lindy Schultz at 303-853-3679

**Bike Friendly Arvada**

Bike Friendly Arvada is proud to lead fun, organized bike rides all around the city from April through October each year. These rides are geared for cyclists of all levels with a focus on children, families and casual/recreational riders. Visit the Bike Friendly Arvada website for more information and a list of all upcoming community rides!
http://www.bikefriendlyarvada.org/

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 2 | 3 | 4 | 5 | 6 Free: Summer Concert Series, 7:00pm at Apex Rec Center, Arvada | 7 -Free: First Friday, Farm-Star Acres, 5:00-8:00pm, Arvada -Free: Summer Dog Barket, 5-8:00pm at Ink Lounge, 29 South Fox St., Denver | 8 WMC Event: Louisville Farmer's Market Class, 10:00am-12:00pm |
| 9 Free: City Park Jazz Concert, 6:00-8:00pm, Denver City Park | 10 | 11 Free: Beats On The Creek Denver, 6:30pm at 1400 Wewatta St. Denver | 12 | 13 Free: Erie Farmers Market, 5:00-8:00pm | 14 | 15 -WMC Event: MuckfestMS at Salisbury Park, Parker - Free: Mile High Global Bazaar 11:00-7:00p, 16th & Arapahoe, Denver |
| 16 Free: Pearl Street Arts Festival 10:00am-5:00pm, Boulder | 17 -Free Day: Botanic Gardens, 9:00-8:00pm at 1007 York St, Denver - Free Day: Westview Recreation Center, 10747 W 108th Ave, Broomfield | 18 | 19 | 20 Free: Summer Concert Series, 7:00pm at Apex Rec Center, Arvada | 21 Free: Movie on the Green: Moana, Starts at dusk at 29th Ave. and Roslyn S Founders Green | 22 Free: Season Preview, 7:30pm at Denver Performing Arts |
| 23 Free: Yoga, 9:00am at City Park, Denver | 24 | 25 Free: Arvada Library Family Time, 6:00pm at 7525 W. 57th Avenue | 26 | 27 | 28 -Free Day: Clyfford Still Museum , Denver, 10:00amat 1250 Bannock St, Denver - Free: Hands Dirty, Feet Wet Playdate, at Majestic View Nature Center, Arvada | 29 |
| 30 Free: Arvada Farmers Market, 9:00am-1:30pm in Olde Town Arvada | 31 | | | | | |