

# Beaver Creek Employee Events

## Employee Wellness Week - January 6- 10, 2020

Thank you for your hard work through the holidays. It's time to get refreshed! Please enjoy some self-care on us. We hope that you'll join us for our very 1<sup>st</sup> Beaver Creek Wellness Week

### Monday, Jan. 6

- Complimentary Chair Massages from 10AM-4PM in The Lounge

### Tuesday, Jan. 7

- Community Market - Fill a bag full of nutritious food.
- Starts at 4:30pm in The Lounge

### Wednesday, Jan. 8

- Free Haircuts from 10AM- 4PM in the Lower Patrol Room

### Thursday, Jan 9

- Employee First Tracks - 7:30AM-7:45AM Upload at Centennial Lift
- Mental Health & Wellness: Strategies for Managing Stress & Caring for yourself, your co-workers, your friends & family - 4PM- 5PM in the Lower Patrol Room, Presentation/Discussion led by Chris Rieder, LPC and Program Director for Mind Springs Health, *plus...* **You could win some great prizes!**

### Friday, Jan. 10

- Healthy Snacks in The Lounge throughout the day
- Guided Meditation led by Caroline Sheahan, 4pm in the Mountain Dining Conference Room

