

BEAVER CREEK BULLETIN

Week of February 28, 2020

What to Know

Take care of yourselves as we prepare for a busy Spring Break period.

Make Wellness a Priority

1. Get outside! Slower periods at work are great opportunities to explore our local area.
 - Ski or Snowboard at Vail or Beaver Creek
 - Snowshoe or Nordic Ski around McCoy Park
 - Check out the Vail Nordic Center
 - Go ice skating for Free on Thursdays in Beaver Creek Village from
 - 6-9pm.
2. Get good sleep!
 - Getting 7-9 hours of sleep can reduce stress, boost your immune system, and improve your memory.
3. Take Care of Your Mental Health
 - Eagle Valley Behavioral Health is a great resource www.eaglevalleybh.org
4. Drink more water- as the days get longer and warmer it's important to stay hydrated
5. Wear Sunscreen!



Our Journey to 80 KUDOS TEAM! We are currently sitting at a 75.6 Net Promoter Score overall this season, **and 79.0 the past 6 weeks!** With 45 days left in the season, we still have time to reach our goal of an 80 NPS

No Sledding Policy

- Sledding is not allowed anywhere at the resort.
- This is because of the many obstacles guests may encounter on a sled (signs, equipment, fencing, snow cats, etc.)
- If you see guests sledding, please politely share with them that you work with the resort and we do not allow sledding. It's up to all of us to step outside our "zones" and help to stop sledding at the resort.
- If they are looking for a place to sled, they can sled at Nottingham Park, next to Avon Elementary.



Après Ski at Beaver Creek

For Guests looking to enjoy the spring afternoon sunshine, encourage them to visit one of our beautiful patios.

- Live Music at Mamie's Thurs.- Saturdays from 12-3pm
- Broken Arrow
- Talon's Restaurant
- Hooked
- CBar
- The Ice Cream Parlour - Free to foot passengers.