

## Move to Flourish - Facebook

During the month of March we're focusing on our Move to Flourish campaign! All month we'll be sharing tips on health & wellness for members and staff to improve our physical and mental health. Want to help? Follow the link to donate what you can to this great program from Vail Place.

## Personal – Facebook

I've been a Vail Place member for XX years. During that time I've found a new community of friends, support for my recovery, [insert personal like job, etc here] and so much more. You can help people like me find recovery and hope through our Clubhouse and community programs. Please consider donating to Vail Place – you can use this convenient link!