



Vail Place March Move to Flourish Weekly Challenges

Week 1 (3/1-3/5) - Invite 2 people to join you in the MTF Challenge on your Clubhouse Facebook Group or MS Teams Channel (MoveToFlourish).

Week 2 (3/6-3/12) - Post about the MTF Challenge on your favorite social media with #VailMTF2022, and tag Vail Place!

Week 3 (3/13-3/19) - Share a MTF picture or video on your Clubhouse Facebook Group or Microsoft Teams Channel (MoveToFlourish).

Week 4 (3/20-3/26) - Tell your us the impact participating in MTF has had for you over the past 3 weeks or how you plan to keep moving your body on your Clubhouse Facebook Group or Microsoft Teams Channel (MoveToFlourish).

Week 5 (3/27-3/31) - Tell your favorite MTF and moment on your Clubhouse Facebook Group or Microsoft Teams Channel (MoveToFlourish).

Also, plan to join us on Friday April 1st at 2pm at the Uptown Clubhouse for a celebration of a month of movement and walking event!