

# YOUR MONTHLY NEWS AND UPDATES



Helping Fort Carson's Military and Family members improve their mental and physical health through a community-based active lifestyle!

**FOLLOW MOUNTAIN POST LIVING ON SOCIAL MEDIA!**



[Click here to visit the Mountain Post Living Community Events Web Page!](#)

Check out the [Mountain Post Living Community Events Calendar!](#)

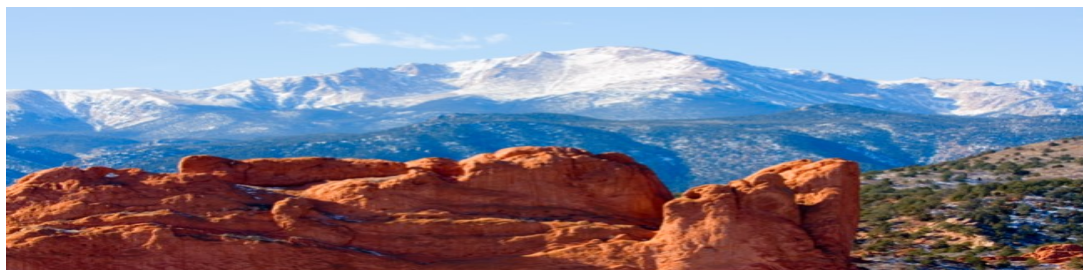
See the [Mountain Post Living calendar](#) for upcoming holiday and community events.



See what's happening on Fort Carson via the [Mountain Post Living](#) calendar at [Carson.army.mil](http://Carson.army.mil).

## Positivity Climbs Mountains:

HAVE WHAT IT TAKES TO CLIMB A MOUNTAIN?



If so, participate in FORT CARSON'S PIKES PEAK CHALLENGE, beginning April 2021 through August 2021.

**Visit [Carson.armymwr.com](http://Carson.armymwr.com) for more Information.**

Looking for local attractions and/or family-friendly ideas for fun? Check out the [Mountain Post Living Fort Carson's 'Fun Things to Do'](#) web page.

Share photos of your healthy living and active lifestyle adventures on social media using: **#MountainPostLiving** Work. Play. Thrive.