

YOUR MONTHLY NEWS AND UPDATES

Run the Fort Carson 10 Miler Qualifier!

Do you have what it takes to run 10 miles?



Both active duty Soldiers and all other DoD ID cardholders can participate.

Visit 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.

Check out the **Mountain Post Living** Community Events Calendar!

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



See what's happening on Fort Carson via the **Mountain Post Living** calendar at carson.army.mil.



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!](#)

Share photos of your healthy living and active lifestyle adventures on social media using:

#MountainPostLiving Work. Play. Thrive.