



## A Musculoskeletal Wellness Program for Vail Resorts Employees

### WHAT IS SAFEFIT?

- A program being offered by Vail Health for **ALL** Vail Resorts employees.
- Scan the QR code below to schedule an appointment online to access and receive treatment from highly trained Howard Head Physical Therapists... **FOR FREE!**

### BENEFITS

- Totally **FREE** service!
- Quick access to healthcare professionals
- Injury prevention screenings
- Treatment of injuries
- Individualized exercise programs
- For employees **ONLY**

### WHERE & WHEN?

#### EDWARDS

Monday & Thursday,  
4:30PM-6PM

#### BEAVER CREEK

Monday, 11AM-12PM  
& 5PM-6PM

#### VAIL

Friday,  
4PM-5PM

#### BRECKENRIDGE

Monday & Wednesday,  
4PM-7PM

#### DILLON

Tuesday & Thursday,  
5PM-7PM

### WHY?

- Our staff works hard and plays hard! This program is a prevention and early treatment approach to address your musculoskeletal aches & pains before they become a problem.

