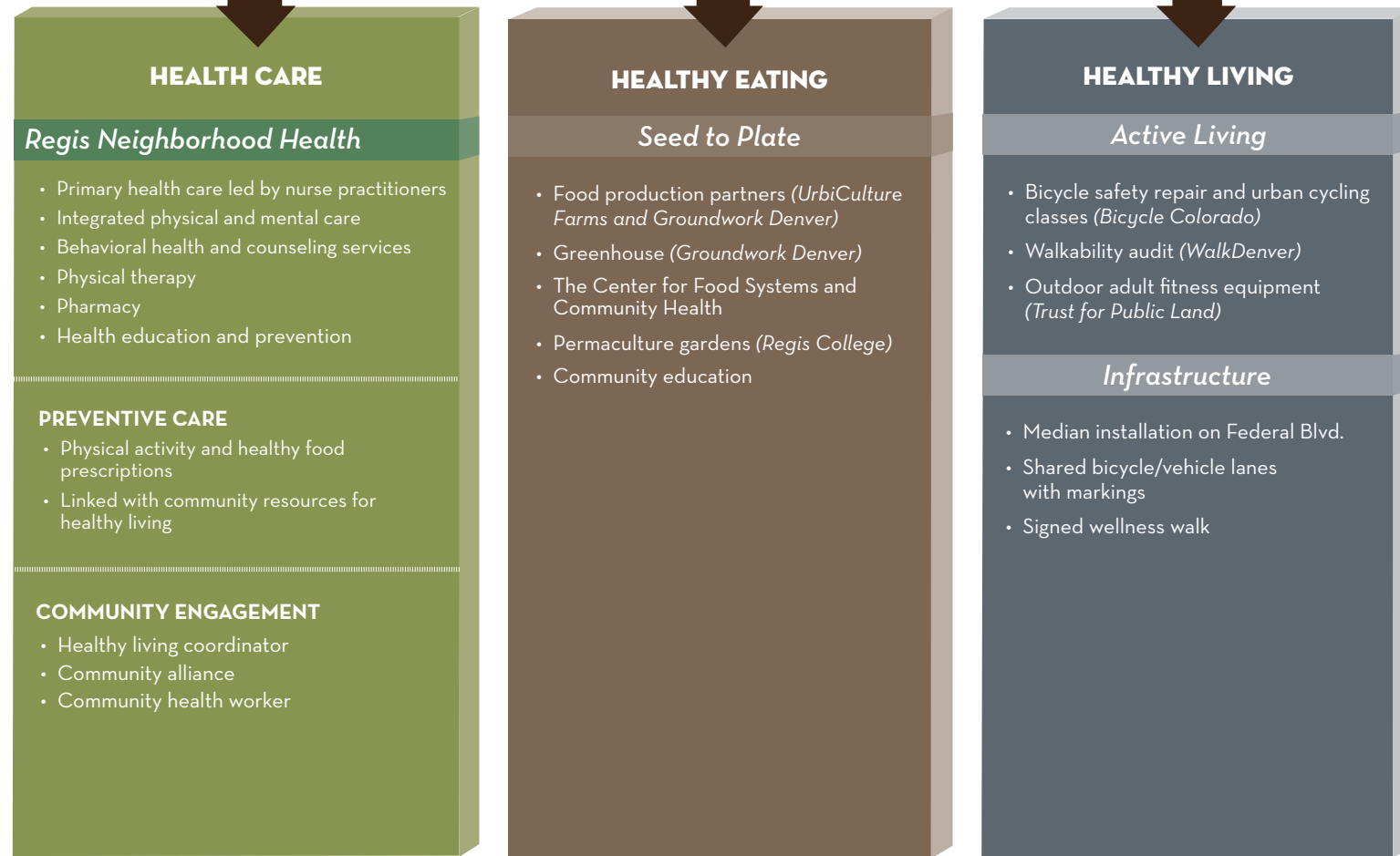


CULTIVATE HEALTH



Partners listed in parentheses



A partnership among Regis University, Aria Denver and the neighborhoods in which we live, work and learn

WHO WE ARE

- Regis University is a private Jesuit University in Colorado dedicated to advancing the vision of a values-centered education that shapes intelligent decision making and strengthens commitment to community service.
- Urban Ventures/Perry Rose are real estate companies developing Aria Denver - a 17.5-acre site in northwest Denver - that are committed to creating a mixed-socioeconomic, healthy and sustainable community.
- Neighborhoods in northwest Denver and southern Adams County.

WHAT WE ARE DOING

Enhancing the health of the community in which we live, work and learn

- The goal of Cultivate Health is to support the health and wellness of residents living in the multi-generational, mixed-income community within the four-census tracts adjacent to Regis University. This project will create infrastructure and programming that promotes an active lifestyle, increase access to healthy food and improves the health of people in the community.
- We plan to measure the impact of these activities on the health of the community. To do so, we will engage residents in surveys and other discussions.

HOW WE PLAN TO DO IT

- Build a community alliance of groups and individuals that will inform Cultivate Health programming and activities.
- Develop a healthy built environment.
- Offer healthy eating and active living programs.
- Provide integrated physical and behavioral health.

For more information or to get involved, contact:

REGIS UNIVERSITY:

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 Healthy Living Coordinator | Cultivate Health
 Regis University
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 www.regis.edu/CultivateHealth

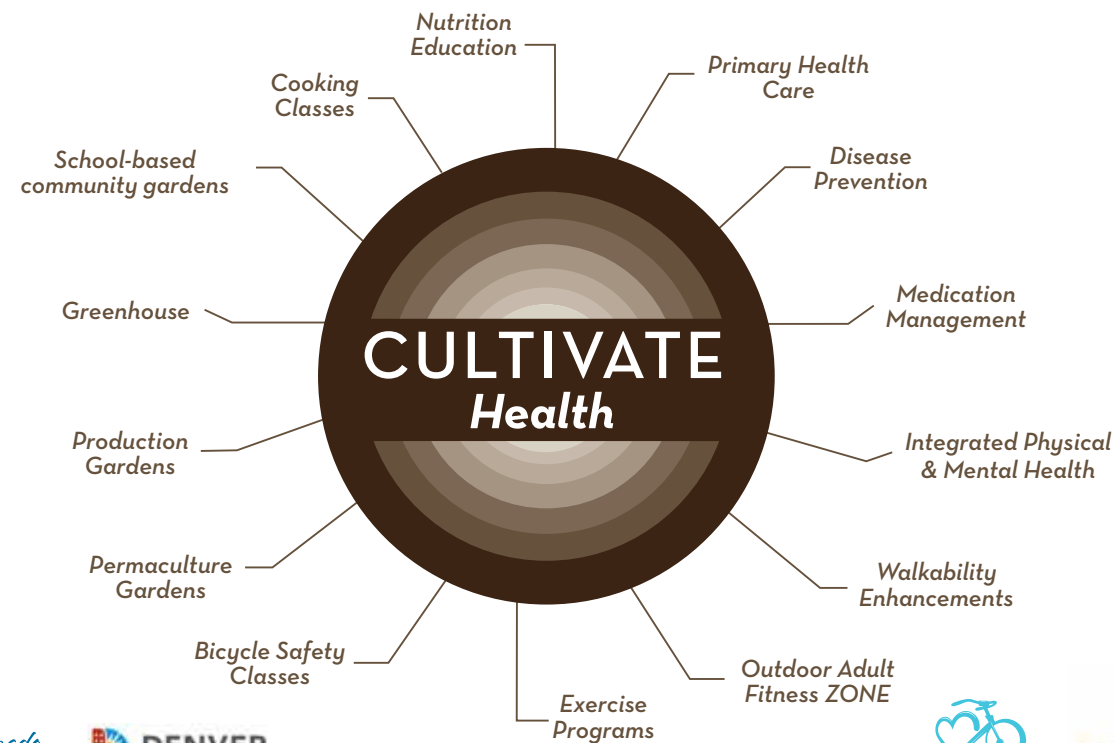
ARIA DENVER:

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PROJECTS AND PARTNERS

Cultivate Health: a partnership among Regis University, Aria Denver and the neighborhoods in which we live, work and learn



A partnership among Regis University, Aria Denver and the neighborhoods in which we live, work and learn



CULTIVATE HEALTH

1 ARIA PRODUCTION AND PERMACULTURE GARDEN

UrbiCulture Community Farms currently oversees an organic vegetable and herb garden on the Aria Denver campus. Garden produce is sold at a Pay-What-You-Can Farmstand so neighborhood residents have access to affordable, healthy food. In 2015, permaculture pocket gardens will be installed as well as an 1,800 square foot greenhouse, which will be used as a job-training facility for local high school students. Aria Denver will be an experiential learning site for Regis and community educational programs.



2 OUTDOOR FITNESS EQUIPMENT

The Trust for Public Land is installing two Fitness Zones® at Zuni Park and the Marycrest Assisted Living facilities to provide adults with opportunities to be physically active, socialize and enjoy the outdoors. At Marycrest Assisted Living, three pieces of specially designed equipment will be installed for people with limited mobility.



Guardian Angels School

Beach Court Elementary



6 WALKABILITY

WalkDenver will coordinate a walkability audit of the neighborhood with community input. Based on this input, we will design a 3.7-mile wellness walk that will link Regis University's campus, Aria Denver, Zuni Park, Beach Court Elementary School and other neighborhood destinations by using special signage and maps that will indicate walking and bicycling distances from place to place. We will work with the City of Denver to install a median in Federal Boulevard just south of 52nd Avenue.



5 BICYCLE INFRASTRUCTURE AND SAFETY CLASSES

Bicycle Colorado will continue to provide city cycling, safety and repair classes at Beach Court Elementary School and will train community members to lead bicycle rides throughout the neighborhood. We will be working with the City of Denver to install bicycle lanes and shared bicycle / vehicle lanes along 50th Avenue and Zuni Streets and will include the community's input in that process.



4 COOKING AND NUTRITION CLASSES

The Cultivate Healthy Living Coordinator will be requesting the community's input on what types of educational programs should be offered as part of the Cultivate Health project. The Coordinator will organize a variety of learning opportunities for the community. We will partner with organizations such as Cooking Matters to offer cooking and nutrition classes to neighborhood residents, using produce from the Aria gardens, and will seek additional partners to help deliver the programs desired by the community.



3 REGIS NEIGHBORHOOD HEALTH

The Regis Neighborhood Health will house an interprofessional team of Regis faculty and students that will provide proactive, preventive and personalized health services. Nurse practitioners, physical therapists, behavioral health specialists, pharmacists and community partners will work together to provide coordinated *primary* care for the community.

