CULTIVATE HEALTH OPPORTUNITIES

WELLNESS WALK LOOP – PUBLIC INPUT GATHERING
Cultivate Health is creating a Wellness Walk Loop that will connect Zuni Park, the Chaffee Park neighborhood, and Regis University. Please join us to express your opinion on the design of the signs. Other meeting topics include: bike lane/share lanes, a grant to improve bus stops on Federal, and the master compost program. Snacks provided! When: January 11, 2016 | Time: 6:30—8p.m. Location: Chaffee Park RNO meeting at Chaffee Park Community Baptist Church at 5001 Umatilla St, Denver, Colorado, 80221 | CONTACT: Linnea Bjorkman 303.458.3548 Regis.edu/CultivateHealth

VOLUNTEER OPPORTUNITIES
• Help flyer the neighborhood to get the word out about an up-coming meeting
• Interpreting Spanish/English at events or classes
• What other skills and roles do you have that you would like to offer?

For more information contact Linnea Bjorkman at lbjorkman@regis.edu or 303.458.3548

CALC DATA CAPTAINS AND PHOTO VOICES
Cultivate Health has partnered with Denver’s Community Active Living Coalition (CALC) to advocate for safe, vibrant, and accessible places to walk, bike, and play. Are you interested in leading or volunteering for a WalkShop (walking workshops) assessments of walking, biking, and transit conditions in or around your neighborhood? Attend our upcoming training to become a Data Captain or volunteer. When: February 16th | Where: Regis University | You will learn: how to look at the built environment, infrastructure terminology, how to use WALKscope data collection tool, and more! Light refreshments will also be provided.

This is an EXCELLENT opportunity to gain experience in data collection, leadership, walkable/ bikeable communities, and the built environment. You also gain insight into working for local public health agencies and partner organizations, become a part of something great in our community, and you could win prizes! RSVP/More info: http://bit.ly/UPBdata or email Kayla Gilhart, Active Living Program Coordinator, at Kayla.Gilhart@calcdenvergov.org

COMMUNITY FARM STAND AT SISTER GARDENS ENDED OCT. 22
The farm stand will open for the 2016 season in June!

MLK MARADE & GATHERING
Please join Cultivate Health and The Center for Food Justice and Healthy Communities on Monday, January 18th at the City of Denver MLK Marade & Gathering (City Park, Denver). More information HERE

WELLNESS OPPORTUNITIES PROVIDED BY CULTIVATE HEALTH
Cultivate Health FREE Bilingual Spanish/English Yoga class at Endorphin Yoga Studio Our Healthy Living Coordinator, Linnea Bjorkman, will be teaching a free all-levels bilingual yoga class.

When: Tuesdays | Time: 10:30A.m.
Location: Endorphin Yoga Studio at 4995 Lowell Blvd., Denver, CO 80221
Classes begin on January 26. For more information contact Linnea Bjorkman at lbjorkman@regis.edu or 303.458.3548

Cultivate Health Zumba class at Beach Court Elementary School
Join us for this high-energy, fun, calorie burning, cardio, latin-influenced dance workout! Open to the general public. Adults pay $10 ($5 suggested donation), kids are free.

WHEN: Every Wednesday (except school holidays) | TIME: 4 - 5 p.m.
LOCATION: Beach Court Elementary School, 4950 Beach Ct, Denver, CO 80221
INSTRUCTOR: Italia Cortes
For more information and to find out when classes will start (likely in January 2016), contact Linnea Bjorkman at lbjorkman@regis.edu or 303.458.3548

WHAT WE’VE BEEN UP TO
Cooking Matters classes with Cultivate Health
On December 8th, we completed a Cooking Matters class at Guardian Angels school and 17 out of 18 students graduated! The class was jam-packed with information and highly engaging. Everyone LOVED it! Mary Goit, principal at Guardian Angels school even came with a surprise gift of chef hats. Contact Linnea if you are interested in attending a future class: lbjorkman@regis.edu or 303.458.3548

Just one of the many Regis student groups participating in Cultivate Health:
Physical therapy students worked with the Cultivate Health Healthy Living Coordinator and The Trust for Public Land Parks for People Field Representative to implement programming for the Fitness Zone® at 51st and Zuni Park. The Fitness Zone®, to be installed in spring 2016, will include 9-12 pieces of GTFit outdoor fitness equipment/activities for all levels; from athletes to seniors. This fall, 15 students worked in teams to identify the benefits and research the use of the equipment, created general workout plans for suggested use, and educated area residents on the availability and use of the equipment. In the spring semester, these students will plan and implement a Fitness Zone® event to promote the use of the equipment, demonstrate proper use, and bring the community together for a celebration of wellness.

SHARE YOUR VOICE
Cultivate Health and Regis University invite you to watch this VIDEO about the Healthy Corridors project on Federal Boulevard. You can also share your voice by filling out the SURVEY.

HAPPENING IN OUR COMMUNITY:
Aria Cohousing Community Tour
The Aria Cohousing Community is forming and actively recruiting members on for Sunday, January 17th at 1:00pm (2861 West 52nd Ave., Denver CO 80221) From 52nd Avenue, enter the drive to the north between Eliot and Elm streets RSVP to Mariel at mariel@urbanventuresllc.com

LINEA BJORKMAN
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The Colorado Health Foundation
REGIS UNIVERSITY
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The Denver Post
Colorado's premier food, fitness, and active living resource.