

## PHPR Summit 2025

### Thriving Together: Let's Live Well, Live Long, Live Uniquely

Friday, March 7, 8:00am – 4:00pm  
Wheat Ridge Recreation Center

**8:00am ~ Check-in is OPEN! Welcome Everyone. Come in and explore, visit a sponsor table, find a new colleague** 🗨️

**8:30am – 9:00am ~ Welcome – Thriving Together – Secrets of Living Well, Living Long, and Living Uniquely ~We have choice –**  
Susie Anderson, City of Wheat Ridge and Jo Burns, PHPR Collaborative

**What are the FAB 4 | POWER 9**

**9:00am – 9:30am ~ Thriving Together - Exploring the 1000 Neighborhood Gatherings Project -** Thomas Thompson and Brian Kates,  
City of Colorado Springs

**CONNECT | BELONG + RIGHT TRIBE**

**9:35am – 10:05am ~ Designing Places of Belonging –** Emmanuel Didier and Kate Davenport, Didier Design Studio

**CONNECT | BELONG +LOVED ONES 1ST**

**10:10am – 10:40am ~ Live Long and Prosper with Libraries –** Baily Wallace and Bridget Kiely, Jefferson County Public Library

**CONNECT | RIGHT TRIBE, BELONG**

**10:45am – 11:00am~ Healthy Snack Break – Grab some Coffee/Tea – Get Moving, Connect with Colleagues**

**EAT WISELY + MOVE | PLANT SLANT + 80% RULE, MOVE NATURALLY**

**11:00am – 11:40am ~ Holistic Health Programming: Nurturing Mind Body and Soul –** Lexi Bulich, City of Lafayette

**MOVE + RIGHT OUTLOOK | MOVE NATURALLY, PURPOSE, DOWNSHIFT**

**11:45 am - 12:15pm ~ Work Smarter, Play Together: Building Resilience and Connection at Work –** Ashley DePaulis, Embodied  
Success

**CONNECT | RIGHT TRIBE**

**12:20pm – 1:20pm ~ Longer Tables Lunch Experience with Tim Jones, Intro to Longer Tables, Grab your Box Lunch, Find your new  
Table**

**EAT WISELY + CONNECT | PLANT SLANT, RIGHT TRIBE, BELONG, LOVED ONES 1ST**

**1:25pm – 1:55pm ~ Innovative Spaces: Creating Age-Friendly Outdoor Spaces for Longevity and Connection -** Sue Paul, Senior  
Scapes, Inc.

**CONNECT | BELONG, LOVED ONES 1<sup>ST</sup>, RIGHT TRIBE**

**2:00pm – 2:30pm ~ Healthy Eating in Your Community –** Melinda Benz, Melinda Benz LLC

**EAT WISELY | PLANT SLANT**

**2:35pm – 2:50pm ~ Tai Chi Break -** Pos Ryant, Apprentice of Peace Youth Organization (AOPYO)

**MOVE + RIGHT OUTLOOK | MOVE NATURALLY + DOWNSHIFT**

**2:55pm – 3:15pm ~ Building Communities for Longevity, Connection and Purpose a Data Driven Approach –** Russ Carson,  
Community Impact Collaborative

**CONNECT + RIGHT OUTLOOK | BELONG, RIGHT TRIBE + PURPOSE**

**3:15pm - 3:35pm ~ Arlo Soul Highlights and Reflection of the Day –** Chris Chopyak, Pos Ryant + the Artists

**RIGHT OUTLOOK | PURPOSE + DOWNSHIFT**

**3:35pm – 3:55pm ~ Tea Ceremony with Cynthia Aki, Golden Lotus Foundation (20 minutes)**

**RIGHT OUTLOOK | DOWNSHIFT**

**3:55pm - 4:00pm ~Closing Remarks-Let's Thrive, Evaluation and Thank you! - Colorado PHPR Collaborative Crew –** Jo Burns

**4:00pm to 6:00ish~ Healthy Happy Hour at New Image Brewing, 9505 W. 44TH AVE, WHEAT RIDGE, CO** – (yes, they have multiple adult beverages and NA beverages)

**EAT WISELY | WINE @ 5PM**

**PHPR Summit Planning Team:**

**Bradyn Nicholson** - Colorado Department of Public Health and Environment; **Brian Kates** – City of Colorado Springs Parks, Recreation & Culture; **Gabriella Crivelli** – Open for Employment; **Jaclynn Alvarez** – South Suburban Park & Recreation; **Jo Burns** – Jo Burns Connects LLC; **Kristen Steffes** - Colorado Department of Public Health and Environment; **Nicole Reeves** – Widefield Parks & Recreation; **Rachel Hungerbuhler** – Colorado Parks & Recreation Association; **Russ Carson** – Community Impact Collaborative; **Sarah Schwallier** – City of Northglenn Parks, Recreation & Culture ; **Tori Bloom** - Colorado Department of Public Health and Environment

**PHPR Summit Sponsors and Partners:**

- **GOCO** – Gold Sponsor
- **MDH Law Group** – Silver Sponsor (Snacks and Beverages)
- **Altitude Recreation** - Bronze Sponsor
- **Colorado Gives Foundation** – Bronze Sponsor
- **AgeWise Colorado** – I Luv PHPR Sponsor
- **Aging Dynamics** – I Luv PHPR Sponsor
- **Norris Design** - I Luv PHPR Sponsor
- **City of Wheat Ridge** – Host Sponsor ~ Facility Host
- **Colorado Department of Public Health and Environment** – Platinum Administrative & Language Justice Partner
- **Colorado Parks & Recreation Association** – Fiscal Sponsor and Administrative Partner
- **JoBurnsConnects LLC** – Logistics Partner